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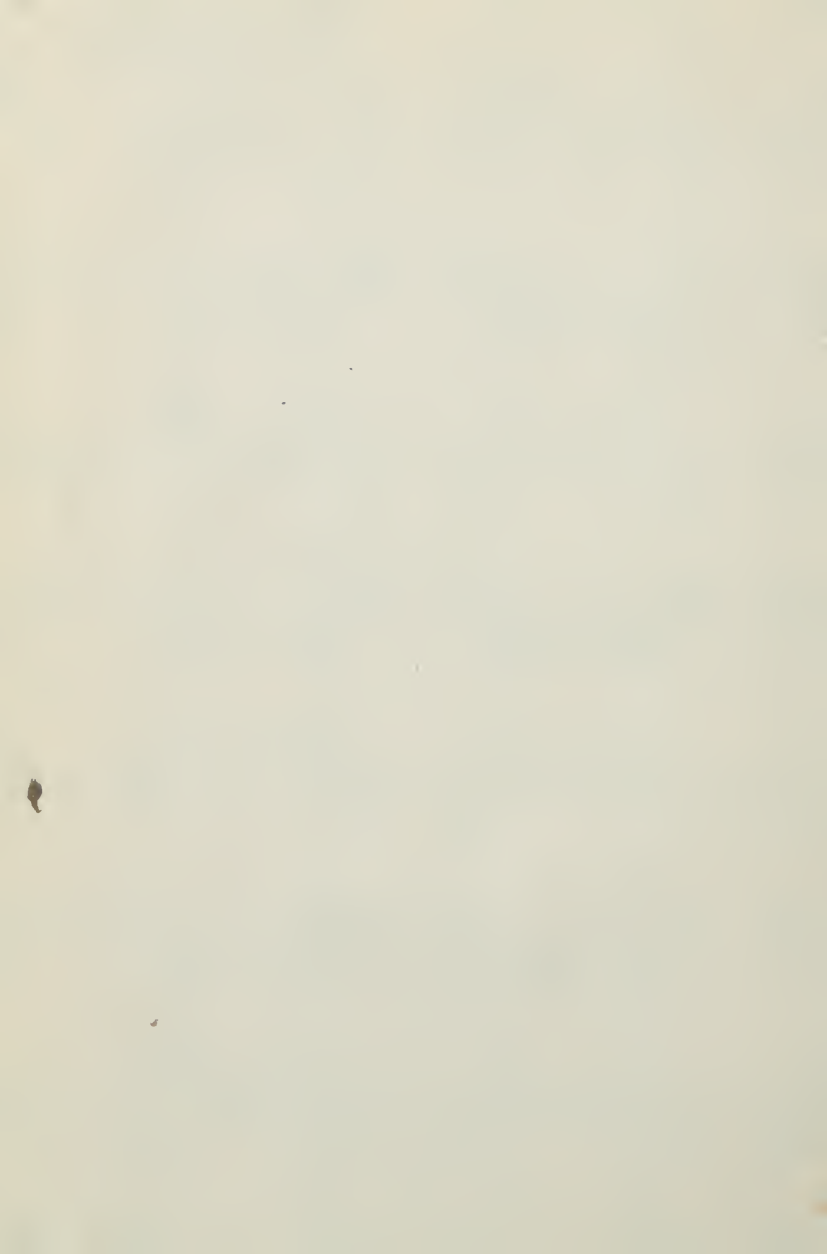
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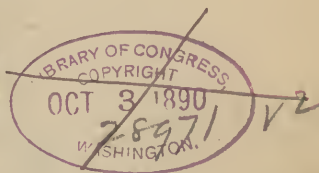
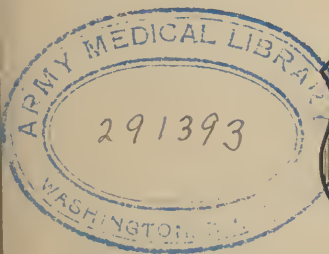
BEAUTY:

ITS ATTAINMENT AND PRESERVATION.

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METROPOLITAN
CULTURE SERIES.

BEAUTY:
ITS
ATTAINMENT AND PRESERVATION



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"Who doth not feel, until his failing sight
Faints into dimness with its own delight,
His changing cheek, his sinking heart confess
The might, the majesty of Loveliness?"

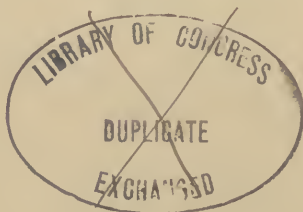
LORD BYRON.

"The beautiful rests on the foundations of the necessary."

EMERSON.

"I want to help you grow as beautiful as God meant you to be
when He thought of you first.

GEORGE MACDONALD.



INTRODUCTION.



UNLESS it becomes dominant, the desire to be beautiful is praiseworthy rather than condemnatory. When the Creator bestows a gift upon one of his children, he intends that it shall receive the care and attention necessary to retain, preserve and perfect it. He gives to each a soul and body, a mind and heart, and more or less beauty, and expects the appreciation best shown by our developing to the highest degree, these gifts. Just as a flower withers without sustenance, or a plant becomes dwarfed and bloomless without proper tillage, so does beauty fade and become insignificant unless nourished by care and fostered by cultivation. To be born beautiful gives the favored one a great advantage over her less fortunate sister ; but in the race for lasting admiration the latter may prove the victor, for the former may rest in listless though fallacious security upon her beauty, and one day find it gone, or overshadowed by that of her who has fed and nourished, watered and pruned, trained and perfected the smaller share which Nature gave her. A flower cannot be long preserved by sprinkling its petals or foliage. Its roots must receive moisture and be freed

INTRODUCTION.

from everything of a destructive nature, its branches gently trained in proper directions, and its sweetness brought forth by a pure atmosphere and genial sunlight, to gladden, until Time shall number its days, all eyes and all hearts near which it blooms.

This, dear readers, is what the Creator intended you to do with yourselves when he gave you life, and it is to help such of you as do not understand this or faint by the way to "grow as beautiful as God meant you to be when He thought of you first," that this book is written and offered you.

Many books upon the same subject have been written and read, but few of them direct a cultivation of the foundation of all beauty. In this volume we have delved deeply into the matter and endeavored to make perfectly plain the rock upon which the structure of true and lasting beauty must be erected. In developing our aim, we have not lost sight of the practical, nor have we placed it beyond the power and circumstances of the children of toil to become as beautiful and lovely as those who know no want. To teach all the pathway leading to the acquirement of beauty has been our main object, and we feel we have accomplished a purpose not hitherto attained.

Except to make drafts upon its most pertinent information, we have dealt lightly with the past, believing that the needs of the present and future are urgent enough to

INTRODUCTION.

require all the space we could give, and that by this plan we might possibly help develop, in this or the succeeding generation, beauty which shall become a matter of history, quite as much as have the charms of the beautiful women of ancient Greece and Rome and Egypt. Perhaps the ambition is beyond our reach, but if history repeats itself in all things, why should it not in this matter? Be the ambition futile or not, it is with its accomplishment in view, together with the earnest desire to help all to be as lovely as possible—and no one is beyond such assistance—that we submit the volume for your perusal and aid.

THE BUTTERICK PUBLISHING CO.

[Limited].

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BEAUTY:

ITS ATTAINMENT AND PRESERVATION.
VOL. I.

CHAPTER I.

BEAUTY DESIRABLE AND OBTAINABLE.

“The most beautiful object in the world, it will be allowed, is a beautiful woman.”

MACAULAY.

“It is a great plague to be too handsome a man.”

PLAUTUS.

SHE who has no ambition to be beautiful will never wield the sceptre of womanly power. The chronicles of all ages record that beauty has ever influenced men and leaders of men, whether for good or evil, and until the end of time will they remain captives to its magnetic charm.

These facts may seem discouraging to the woman whose mirror tells her she is undeniably plain, while the silence of friends or their too frank remarks corroborate the tale; but she needs the stimulus which should be aroused by the statement of these truths, to induce her to

bring to the aid of the poor inheritance Nature has bestowed upon her, all the arts of enhancement which may physically or mentally augment the dower, that she may become happier, wiser, more attractive, and, more than all, better satisfied with herself. Let her remember that a beautiful woman is not always a lovely one, and that a lovely woman is often a very plain one; that a beautiful woman who is not lovely is like a rose without perfume whose charm is gone when its petals are faded; while a lovely woman is like a cluster of mignonette, which will rest on the breast of its wearer till drooping and withered, and afterward still be tenderly cherished for the sweetness of which Time cannot rob it.

George Eliot says, "The beauty of a lovely woman is like music." A woman of her expansive mind uttered no such sentiment in a narrow sense. Its comprehensiveness is proportionate to the grand breadth and depth of her magnificent intellect and means all it could mean. We cannot see music, but we grasp its sounds through the organs of hearing, and hold and feel its thrills through that inner sense on which our emotions are indelibly impressed or which remains indifferent, even though the eye and the ear acknowledge supreme satisfaction. The beauty of a simply beautiful woman is like brilliant music which entralls our senses until ended; but when another as brilliant a selection is begun, our allegiance proves transitory. "The beauty of a *lovely* woman" is like some sweet song whose cadences come back again and again, mentally mingling with the notes of sparkling fantasias, the madly rushing strains of which are almost lost upon the dreamy listener whose heartstrings Memory is lightly touching.

Loveliness is the sum total of beauty and may or may not include perfection of feature and form. Fortunate, indeed, is the woman to whom the gods have given the form of Venus, the beauty of Juno and the heart of an angel. She cannot help winning universal love and admiration, nor do these offerings spoil her, since vanity lurks not in the kingdom of her mind. But how many women with all these gifts and the virtue of resistance to the wiles of adulation, can each of us number among our friends? In contradistinction can we not find many a woman upon whom the gods may not have smiled at birth, but who is so lovely in mind, manners and heart, that her plainness of feature is virtually unnoticed, and the ranks of her admirers never thin out as Time moves along, but in full numbers pay court to her irresistible other charms?

There is no woman possessed of her reasoning faculties and a moderate amount of common sense who may not become lovely if she will, and in becoming lovely many a woman has grown beautiful. It rests with her whether she shall, as women are inclined to do, ever ardently admire beauty in other women and silently grieve because she is not as they are, or whether she shall gird on the armor of resolve and successfully encounter and overcome the foes that have kept imprisoned gifts of Nature, which, though they may be few, are in most cases sufficient for a solid foundation to most enviable loveliness. But she must prepare for a tedious onslaught and frequent overthrows of the new citadel, for those persistent foes—unlovely traits of disposition—will rise again and again and undo all that has been done to conquer them and gain the very first step to perpetual loveliness.

The beautiful woman can make herself more so by correcting deficiencies of disposition or mind and develop into a queen among women ; while her plainer sister may become her rival in loveliness and a loved ruler in her own realm—and what greater happiness can she desire than that wealth of love which every womanly heart craves, and with which every *lovely* woman is satisfied ? Is it not, then, worth the while of every woman, though she possess few personal charms, but whose heart hungers for the adoration which beauty inspires, to endeavor to become lovely, which she can, and beautiful, too, which she may ?

The effort to become lovely should not necessarily be confined to womankind. There is a broad field for improvement in this direction among the opposite sex, and many a woman would be vastly helped in her endeavors to please, if “her lord and master,” or whatever male relative or friend she may come in contact with, were to administer to his own irritable or otherwise diseased disposition, the wholesome correctives of repression and self-sacrifice and the genial tonics of cheerfulness, kindness and courtesy. A man may be as lovely as a woman without being in the least effeminate ; and while it might be “a great plague to be too handsome a man,” no man has ever been so *lovely* in the eyes of the sex to whom he owes allegiance and protection, as to draw upon himself in consequence attentions that either distressed or displeased him. It should not be left for women to become lovely for unlovely men, and it cannot be gainsaid that the controlling influence of a woman’s wish to be beautiful rests almost absolutely upon the natural desire to be pleasing in the sight of the ordained protectors of her sex,

No woman likes to think of a man as being *beautiful*. Manliness and such attractiveness of feature and physique as renders him acceptable to all eyes, constitute a woman's ideal; but if manliness and loveliness of disposition are combined, a womanly woman appreciates the man even though he bear no likeness whatever to Apollo the Beautiful. In this respect man is somewhat less generous than woman, and woman's actual and intuitive knowledge of this deficiency is what so often discourages her from making any effort to become more attractive. Harsh as it may sound, it is, however, mainly woman's own fault that she remains unlovely and unsought. It is her duty to herself, in the face of all discouragements, to endeavor to become attractive to every one, not taking the male sex alone into consideration—for she may rest assured if she pleases her own sex she will not fail to attract the other; and the satisfaction of being beloved of all will add its beautifying radiance to a countenance from which already shines out purity, kindness, cheerfulness, hope, love, everything which makes a woman lovely even though she be not beautiful.

CHAPTER II.

MORAL AND MENTAL AIDS TO THE ACQUIREMENT OF BEAUTY.

“A cheerful temper joined with innocence, will make beauty attractive, knowledge delightful, and wit good-natured.”

ADDISON.

BEAUTY without spiritual fortifications is ephemeral. When its first bloom has faded and there remains no other charm to cover its evanescent attractions, then the woman who has been only beautiful to look upon is much more to be pitied than the plain woman who has never experienced the sweets of admiration, and who will therefore never feel the pangs of such a loss—a loss that wrings the hearts of some women with the keenest pain they ever suffer.

Who has not seen the face of a beautiful but fractious child change, in a spasm of anger, from the features of an angel to those of a veritable little fiend? Possibly the latter expression remains but a moment, which augurs well, since it indicates only a quick temper that is as quickly subdued by an otherwise naturally sweet disposition. The tiny face is soon all smiles again, but the wise mother will not neglect to try, gently though firmly, to uproot this single weed in her little one's heart. Doubly difficult will be her task, and all the more earnest must be her endeavor, if, when the first hot burst of wrath is over, a frown remains, lips pout, eyes are averted and

attitudes are sullen. If these traits are not overcome, they will soon begin to grave lines upon the baby features, which, when manhood or womanhood is reached, stand as disfiguring tell-tales of a deformed disposition upon which the beauty of the fair face will sooner or later be wrecked.

The trite old saying, "Just as the twig is bent the tree's inclined," applies as often to one result of youthful training as to another. A child with a naturally sweet disposition may grow up with it distorted out of every semblance of goodness by a mistaken management of its first young impulses; while a child of a stormy temperament may be so wisely guided that every gust of anger may be quelled at its first threatening breeze, every vicious tendency crushed, and the child finally enter the great field of life endowed with qualities that endure it to all and make its fairness beautiful, its beauty lovely.

At the threshold of maturity stand many, both with and without "a pleasing countenance," which Ovid considers "is no slight advantage"; and also with defects of character or disposition which are present from a lack of proper discipline in youth, or because the possessors belonged, during that period, to the class of incorrigibles whom only the wisdom of years can bring to a realizing sense of their deficiencies. These unfortunates, for unfortunates they are, should take a rigid inventory of such defects and immediately set about subduing, overcoming, totally eradicating these obstructions which prevent the beauty of the mind and heart from forming a permanent and luminous background for the fair seal Nature may have set upon the face.

Cheerfulness is the light of the countenance and,

under ordinary circumstances, arises from a love free from jealousies, an enjoyment of one's possessions with no envy of another's happiness or success, and that kindness of heart which holds a charity for all who need it, which knows no selfishness, which has the moral courage to uphold by practice its own convictions of right, which shuts its doors to pride, vanity and conceit, and bolts and bars them and its windows when vice, slander and all kindred tempters come to lay their snares within its gates. It is a strong heart that can resist these assailants, but such a heart transforms even a plain face and glorifies it beyond all outer beauty.

The ethics of beauty and society are in some respects so closely allied, that one cannot be discussed without allusion to the other. She who is lovely must also be well bred, and she becomes the latter through the refining processes which make her the former. In her society one feels at ease; has no distrust born of a whispered hint that "she is deceitful;" does not fear that her words will be distorted from their proper meanings and repeated with the intention of wounding the unfortunate listener; is not fearful that some patronizing or insulting idea will be dipped into the honey of social politeness, and, with a rudeness which the polish of conventionality cannot conceal, offered to her, and which unpleasant morsel she must, through the same politeness, take and show no distaste for; knows that she will meet with warm hospitality, sincere sympathy in her afflictions, generosity to her appeals, frankness in affairs of mutual interest and universal kindness and sweetness in all the little encounters of wit or argument which brighten up otherwise dull and monotonous conversations.

A woman with all these virtues may be hard to find, but she can be found; and more, given a moderate amount of intelligence and common sense, a woman can, if she will, turn her undisciplined disposition and mind into these very channels and, though it may cost her time, take her place as one of the loveliest of her sex.

Having cleared out the dark corners of the heart and let in the sunshine of cheerfulness, thus chasing all shadows from the face, the wise woman who wishes for perpetual loveliness will then seek an attractive setting for the mind. The latter may be a gem in the rough but susceptible of a high polish; or it may be a jewel which attracts not from its flashes, but through a steady glow, a refulgence that ever cheers, never wearies. Be it what it may, it should be developed to the highest degree made possible by circumstances, for when outward beauty has faded and age or other causes have retired a woman from the general society in which her charms of disposition have made her beloved, she will still be able to hold in bondage, by the rich resources of her mind, those friends whose privilege it is to visit her within the seclusion of the home she has ever made happy by her loveliness of character and beauty of intellect.

If more women whose minds are really receptive but indolent and indifferent as well, would cultivate them by reading the beautiful thoughts of superior minds, their faces would unconsciously reflect the beauty of these thoughts and the new intelligence their absorption develops, the soul would begin to shine from their eyes, and an intellectual graciousness would take the place of that apathetic expression born of unawakened interest in aught save dress, which mars the otherwise perfect faces

of numberless women. Cultivation of the mind and the study of art in its different branches cannot be too strongly urged upon the girl or woman who desires to be beautiful. It is true that often her acquirements in these respects will fall upon the barren ground of unappreciation from the person or persons she cares most to please ; but the world is wide, and it is not one individual nor two or three who are to derive pleasure from her society, but hosts. Besides, many an instance is on record where an unmindful husband or family have awakened, and rubbed their eyes over the fact, that cultivated men and women had discovered great charms and attractions in an unappreciated wife or "an ugly duckling" of a daughter.

Let the readers of this book take heart, for with the help it is intended to give, there is no woman who may not, if she will, simultaneously increase her charms and her chances of earthly happiness.

CHAPTER III.

ESSENTIALS : ELEGANT MANNERS, GRACEFUL BEARING, AND A PLEASING VOICE.

IN cultivating the mind, the development of a pleasing deportment must not be neglected, for grace and self-possession both in action and repose are indispensable to the *tout ensemble* of beauty. Men and women may possess rare attractions in every other respect, and yet by nervous or awkward movements cast upon themselves a doubt as to their being entitled to social intercourse with those "to the manner born." Even if this doubt does not arise, the self-possessed with whom they come in contact are distressed by their erratic movements, and their society, therefore, becomes an infliction rather than a pleasure. Defects in deportment usually result, as do those of disposition, from a lack of proper early training, or from little neglects in later life which have grown into habits. Either cause can be corrected under wise guidance and by a determination to conquer the many lapses which a sensitive or moderately keen self-observer becomes conscious of, when comparing her own deportment with that of the refined circle into which she has been fortunate enough to gain an entrance.

Diffidence or bashfulness often proves the most prolific soil for perpetual awkwardness, the unfortunate perpetrators of which deserve genuine sympathy. The latter should be proved by an earnest effort on the part of those

who extend it to put at their ease this very numerous class of social sufferers. As serious illness must be treated by nauseous doses, so must bashfulness be overcome by what will be heroic measures on the part of the sufferer in going as often as possible into the company of affable people and taking an active interest in the conversation or amusements of the hour. In this way self-consciousness will be lost, limbs will begin to move gracefully, hands will forget to fidget, the ever recurring flush will remain in abeyance, sitting and standing positions will become unconstrained, and in fact, the shackles of a mortifying timidity will gradually disappear, until bashfulness and diffidence will remain only as amusing memories of a period of unnecessary mental distress.

It is not certain that self-consciousness is not one of the worst types of self-conceit; for to imagine that every one is thinking of what you do and say, and how you look and appear, even if you fancy it is done in an adversely critical way, can scarcely be called other than conceit. A moment's reflection should assure a sensible reasoner that every one has himself or herself to think of in addition to all else that goes to make up a busy life, and that in all probability the poor victim who imagines himself the center of derisive observation and comment receives nothing more from any one than a passing thought, and that a kindly one. This view, generally conceded to be correct, should soothe the bashful one into a state of mental serenity; and this, in its turn, will happily influence awkward movements and little by little develop that refined confidence of manner which is the real foundation of grace.

A graceful walk is natural to many, especially those

who are not self-conscious; others acquire it by long and patient practice. Theories with regard to its accomplishment are numerous and varying. Naturally they are also somewhat contradictory, since the movements of the graceful women of all countries differ as widely as do their types of beauty; and every author and artist has his favorite type, which he pronounces the only perfect one. A composite type results in the recommendation of a gliding walk, with most of the action dependent upon the thighs, the feet swinging from the relaxed knees into natural and graceful positions. Delsarte, the popular promoter of a System of Expression, says: "There are almost as many walks as there are individuals. It is temperamental, as much an indicator of the habits, character and emotions as the voice." He also says: "The perfect walk must be straight, each step a foot apart (your own foot, not the ordinary foot measure). Bobbing up and down, pitching, rolling, strutting must be avoided as gymnastic crimes. The great work of the movement falls to the lot of the thigh, the vital division of the leg. This is the strongest portion of the frame." The foot should be lifted but slightly, and although in its natural state it "is fashioned to grasp the ground," yet when clothed in the coverings invented by men, the heel must perforce first touch the earth; but let it be as lightly as possible, since heavily striking the heel in walking is not only detrimental to health from the succession of shocks given the system and brain, but is considered a noisy vulgarity and is, as well, productive of extreme ungracefulness. A flexibility at the waist-line is also one of the necessities of a graceful carriage, and these muscles should be regularly exercised by forward, backward and

rotatory bendings, in order to make them subject to the will of the walker and to render the swaying movements of the body harmonious with the action of the lower limbs. Perfect poise, artists say, is found only among those of the lower classes who bear the burdens of their daily avocations upon their heads. Those who teach grace of bearing make their pupils apply the same principle, and give them a daily exercise in walking erect with some easily balanced article upon their heads. Delsarte in his teachings says: "Practice the walk with a book on your head, walking straight on a chalked tape, the marks two feet apart (your own feet). Put this tape in front of the looking glass, and step on the marks as you see them reflected."

The presence of greatness overawes many people who unconsciously fall into cringing attitudes when directly addressed by or speaking to the person considered a superior. Do not so insult your own self-respect nor lessen that of others for you; for such an attitude strikes all beholders most unpleasantly and enables them to immediately mark with a red letter a most deplorable characteristic—that of servility. Deference to a superior may be gracefully expressed by a respectful inclination of the head and body, but no one would call graceful or noble in bearing, the man or woman who sidles up to an important personage and incorporates into his or her own listening attitude the squirming "umbleness" of the immortal Uriah Heep.

Emerson struck for the whole world the key-note to gracefulness, when he said: "Give me a thought and my hands and legs and voice and face will all go right. And we are awkward for want of thought." Direct your

thoughts from yourself and dwell upon the worthy ones of others. You will then forget awkward limbs, which will soon prove, as the same writer says, that "Nature is the best posture maker." Do not follow fashionable "fads" in locomotion, for none of them ever has been or ever will be an exponent of grace. Let lofty thoughts inspire the pose, and Nature will take care of the action.

A graceful salutation carries with it a most pleasing impression. A bow, under some circumstances, is as expressive as words, and can convey a compliment which the tongue may not utter. Its gradations indicate respect, admiration, friendship or love for, slight acquaintance with and civility towards, or a desire to keep at a distance, its recipient. A careless nod or a jerky inclination is provocative of criticism, both from a possible lack of respect that may not be intended but is certainly conveyed, and also from an artistic point of view. Let the inclination of the head and body and their return to a normal position be gradual, and allow circumstances to govern the profundity of the inclination. The result will be a bow gracefully accomplished and typical of good breeding.

Grace in repose is more difficult of attainment than grace in action. In the latter there are necessarily varying attitudes. A person who constantly changes her position while sitting, loses all that dignity of repose which is so closely allied with grace. She makes a hopeless striving after the latter, and renders uncomfortable all observers. A rigid, upright position, as if one were momentarily expecting to encounter a calamity, is one of the frequent sitting postures in which every possible tendency to grace is totally obliterated. It is strained,

uncomfortable, unnatural and should be avoided. Its opposite, however, when the edge of a chair-seat is made the balancing point for extended limbs and reclining shoulders, is not only indicative of bad breeding, but is reprehensible beyond question, no matter how comfortable the sitter, who is usually a man, may be. Occupy the whole seat of an ordinary chair and lean upon its back so far as you may without detracting from an easy, refined and graceful position. It must be admitted that modern furniture is not universally comfortable, and curves that would be conducive to ease are often sacrificed for lines pleasing to the eye; but as yet, every article has at least one or two redeeming features of which every sitter may take advantage in maintaining a graceful pose.

Do not fidget with your hands or any article you may be holding. Think of what you are listening to or saying, and forget the restless members, and they will seek the desirable repose without any mental or other assistance.

As to the disposal of the feet and limbs, the privileges accorded to ladies and gentlemen differ to a material extent, and while a gentleman may sit in a graceful attitude with crossed limbs, the ethics of refined society forbid that a lady should assume this pose. There are, however, infringements upon this rule as well as infractions of it, and though the effect may be not ungraceful, the attitude is one which, for obvious reasons, should be avoided.

A voice, sweet, resonant, expressive, is one of the greatest charms that may fall to the lot of or be acquired by any one. A voice which has not been disciplined or

cultivated is like an untutored savage on whose tranquillity no reliance can be placed. It follows every mood and often belies the intensity of the latter, becoming harsh and loud when its possessor is only slightly irritated, or strident and boisterous when she is only ordinarily merry. When she has learned to subdue its tendencies in this direction, then let her begin the development of its attractive qualities. If she is not so situated as to be able to benefit from scientific cultivation, she may, aided by a few hints, train her voice to a pleasing modulation without professional assistance.

Speech is as musical as song, and its compass is normally the same. The dominant note is always near the middle of the compass and is the one on which the person can "speak and sing with the best effect, with the greatest ease and for the greatest length of time." The first step, therefore, is to aim at control over the dominant note. But this must not be developed to an unpleasant resonance. Delsarte says: "There are two kinds of loud voices: the vocally loud, which is the vulgar voice, and the dynamically loud, which is the powerful voice. A voice, however powerful it may be, should be inferior to the power which animates it." He also says: "Accent is the modulation of the soul"; and, "If you would move others, put your heart in the place of your larynx; let your voice become a mysterious hand to caress the hearer." In these quotations may be found the whole theory which, if followed, will render a voice pleasing long after youth has passed and the years are crowding along with all their ravaging inroads.

CHAPTER IV.

EMOTIONS DESTRUCTIVE TO BEAUTY.

THE possessor of a valuable article of vertu, a gem, a fine engraving or some priceless painting, guards and protects his treasure with zealous care from the rough touches of Time or vandals. She who would preserve her beauty, the most prized of all the endowments of Nature, must be even more vigilant still, so many and insidious are the attacks made upon it by Time, conditions of mind, circumstances and the tendencies of the disposition.

Time is relentless and graves his lines upon fair faces as well as plain ones. The wiles of beauty do not tempt him into a forgetfulness of his mission, and as the years roll by he adds for each a little touch here, a hint there to remind all that he is eternal and merciless. It rests with a beauty whether or not she will assist in the line making, or by a rational management of the emotional part of her nature, hold some of the evidences of his inroads in check.

A sculptor sometimes moulds plastic clay into the semblance of a face, and then, as the subject requires or his mood inspires him, he wreaths the lips with smiles, puts a mischievous dimple in the cheek, and arches the brows in merry laughter; or he fashions the lips into the drooping curve of grief, or distends the nostril in mimic anger and corrugates the brow with frowns. The clay

hardens, the lines remain, the expression is fixed. All the ages cannot change it. Yet, before time had irrevocably set these lines upon that plastic face, the sculptor could have changed them all. The face itself is powerless for it belongs to a lump of soulless clay. It is passive. What a lesson may be learned from this illustration! Does it not signify that a woman may be but passive clay when she fails to respond to that soul within her which enables her to so mould her own life and nature that Time will fail to establish on her face aught but his own unavoidable traces? If then she remains passive and allows an undisciplined and perverted nature to become the sculptor who shall work hand in hand with Time, is she not more deserving of censure than pity when she meets the scowling reflection of her own face with a tirade against the misfortunes or griefs that have made her look hideous to herself and unattractive to her friends?

It would be folly to assert that she could have avoided all of her misfortunes or that some of her griefs were not real.

“Into each life some rain must fall,”

but when rain falls upon the earth the clouds do not ever after hang as a pall over it. They disperse, scud away before the gentle breezes and melt in the glow of the sun whose rays have made for them a golden lining. It is true that into some lives there come storms whose traces cannot be wholly obliterated, but they need not be left as they were when the tempest first subsided. It is one's duty to one's friends and to one's self to respond to the sympathy offered by showing that the sunshine of cheerfulness is not all spent, but can and will shine through

that gloom of countenance which is such an enemy to the charm of a pretty face.

A pensive expression, indicative only of noble and tranquil thoughts, beautifies a face and leaves upon it no traces to be deplored. But when meditation becomes brooding, and the subject thought arouses all the viciousness of an undisciplined mind, the face becomes the plastic clay on which every emotion is faithfully pictured, and if the brooding resolves into a habit, its results also become fixed. To an observer in this direction a sea of faces is simply a panorama of indelibly portrayed emotions. Look at the drooping corners of that woman's lips! She either has a sullen or a revengeful disposition, and indulges too much in retrospection over injuries received or possibly only fancied, or she incorporates into her introspections plans for retaliation which contain all the concealed venom of a cruel disposition. Here is another who cannot or will not lay aside her griefs, and her face is being forced into dolorous lines which depress all who see her and sometimes subject her to the scathing criticism that she tries to "work upon your sympathy." Look at that mouth yonder! Surely in infancy no such compression of the lips appeared. It was only as the child grew older, and a strong will, with a determination to maintain it, asserted itself, that the lips began to draw tightly over the teeth on every provocation, until now that is their constant position—one which fully discloses the defect in the disposition which was not properly weeded out in youth. Often on the foreheads of young faces will be seen vertical lines. These deepen as youth advances. They may result from concentration of thought or possibly from a sour or perverted disposition,

and as a rule the lines about the mouth will infallibly settle the doubt; for if these latter are the drooping lines belonging to a morbid disposition, it is safe to conclude that the lines of the forehead are in close kinship. In either event they should not be permitted to come. A scowling face which results from temper can and should be smoothed into cheerfulness by the will; while the habit of unconsciously frowning while intent on books or work, should be broken before it becomes fixed, or corrected as far as possible when it has stolen itself into permanency.

Superciliousness and self-satisfaction are generally acquired traits, as disagreeable as they are foolish; and if manner does not betray their presence, the face will. They stamp themselves on the features and are red signals to all close observers, to keep at a distance or run the risk of being crushed. Superciliousness sometimes gives to the brows almost the same curve as does the delight or wonder of people of weak intellect. Both have a tendency to raise the brows and corrugate in corresponding curves the surface of the forehead. There also appears about the mouth something which cannot be described, but is a disfiguring expression that is both seen and felt, and comes from certain "lofty" thoughts which cannot be called noble since they are simply the precipitations of self-conceit. Crush the latter, and the face will fall into normal and pleasing lines; foster it, and the features will become marked with repellant lines which nullify all their other charms.

Self-satisfaction, another form of conceit, comes to the surface in a smirk, which says more plainly than the tongue would dare to utter, "See how pleasing I am in

the sight of all beholders. Everything I have is finer than theirs, much nicer than yours, superior to anything else that might be obtained. These are my houses and lands, and none are so broad and grand as they." That smirk acts upon a sensitive person much as would a dose of nauseating medicine or a dash of icy water, and by and by it aggravates all who encounter it into a mental blindness to any good quality that may exist behind it.

Envy and jealousy, unless trampled into subjection, will also set their seal upon the countenance. The eyes are the indicators of their existence within the mind, and through these "windows of the soul" the world peers in and makes a public note of these failings to which the heart is prone. The tactless, not satisfied with the glimpse, must needs stir the smouldering fire till it leaps forth and temporarily transforms a human being into a demon; and sometimes great mischief results. Every time the ideal lines of the face are distorted, and at each recurrence of passion the traces grow more difficult to remove, until finally they remain, and the face becomes a map of the dominant emotions of the heart.

Is it not worth the while of every woman who reads this with earnestness equal to that with which it is written, to analyze without mercy to herself the governing traits of her disposition; and if they are those which will sooner or later reveal themselves on her face, as they are sure to do, is it not more than worth her while to keep them under subjection, even though it is impossible for her to uproot them? Such a course may be a species of deceit, but it is of a character to be commended, since by it no one will suffer and every one will benefit—most

of all she who has to struggle for mastery with all these foes of beauty.

Incidentally, grimacing may here be mentioned as productive of displeasing effects, both temporary and permanent. Just why it should seem necessary to some people to accentuate what they are saying by a pursing up of the lips, an elevating of the eyebrows, an indescribable motion of the nose, a squinting of the eyes or a total distortion of every feature possible, cannot be explained. It does not make more expressive a pertinent or humorous remark, but to a certain extent places the feature contortionist of private life on a level, in principle, with the clown who grimaces for money and the amusement of the public. Just as ennobling occupations idealize the features, so do these inane contortions lessen their intellectuality, so that in time "clown" is stamped on them as surely as if the face were clay and the sculptor had formed it so.

It is a well-known fact that vocations long continued become indexed upon the face. Noble thoughts and sentiments also leave their impress. The arts, especially music, are most powerful agents in refining and ennobling the countenance. Music arouses such a variety of emotions, each one of which is depicted by the features, that a face moulded under its influences becomes an embodiment of ideality in and mobility of expression, even though Nature may have so fashioned it that to a casual observer it is exceedingly plain.

Keep the gates to the avenues of thought closed to all transgressors like melancholy or moodiness—each a disease of the mind based upon *ego*, and to be cured by the interruption which leads one to forget his own troubles in

helping others bear their burdens, or by mingling in the society of people of merry hearts and high morals. Convivial society with an absence of sound morals will simply aggravate the disease and make its attacks all the more frequent and acute, and each relapse only the more deeply graves the lines which show a perturbed and brooding mind, and makes the presence of such a sufferer a very nightmare to his friends. Cheerfulness and a merry heart do more than any medicines in toning up a face, because both stimulate to action and interest, and life with an object brings an animated expression which is all that some countenances need to make them beautiful. We frequently hear the words, "How her face lights up when she speaks or becomes interested!" Therefore it is well to seek noble objects in which one can feel a deep interest, and let them gain a permanent hold on the thoughts, that their irradiating effect may be ever present.

Love and affection soften the facial expression and are or should be natural outcomes of the heart, though they often take root in unpromising soil and spring up unawares, so that beholders wonder how it is that plain Mary or Agnes is "getting to be almost pretty." The little blind god can hide everywhere except behind the face of his victim.

A writer upon the subject of beauty has advised thinking of some pleasing occurrence or calling up a happy memory just before falling asleep for the night. He claims that the face in sleep is passive, and that if the sleep be dreamless, the features will remain for the period of its duration just as they were when animated by the sweet or pleasing thought and so settle gradually into a

perpetually happy waking expression. The theory is a very pretty one, and it is to be inferred that the slumberer will lie upon her side instead of her back, as in the latter position she might sonorously announce to listeners that her slumbers, though deep and dreamless, have disturbed the repose of her features just as they have the repose of the other occupants of the domicile wherein she dwells. Of course, this is only a possible case. The habit of thinking, however, of something agreeable, is one to be commended whether it is just before sleeping or after waking, since it always brings a happy look to the face and a sparkling light to the eye.

Where the surroundings of one's life antagonize the suggestions given in this chapter, it only remains for the unhappy one to follow, as far as possible, the hints conveyed. To "make the best of everything" is advice often given and as rarely followed, but it is the only advice to offer in such a case. Try to forget what is unpleasant in your life; if you cannot do so, endeavor to find something pleasant outside of it to think of or do, as often as possible. Struggle earnestly with the unlovely traits in your own disposition when they are aroused by those which you find established in the hearts of your comrades in this work-a-day world. Be wise in this respect, be amiable, be cheerful, and thus be lovely.

CHAPTER V.

GROWING OLD GRACEFULLY.

“To resist with success the frigidity of old age, one must combine the body, the mind and the heart; to keep these in parallel vigor one must exercise, study and love.”

BONSTETTEN.

THE quotation given above succinctly delineates a method of growing old, the admirable rules of which must be accepted, however, with the proverbial grain of allowance. To grow old gracefully is a condition of circumstances not always attained, but frequently we meet a man or woman who has passed from the warm, sunny days of youth to the wintry ones of age, while the world has been unconscious of the transition, so gradual, so happy, so beautiful has it been. Such voyagers through life are adored by those around them, and long after the frosts of years rest on their locks, the world acknowledges that “he is a most charming man,” or “she is a lovely woman,” thus paying a double compliment by the omission of the generally used adjective “old.” Every one forgets the age of these fortunate pilgrims until its presence makes the steps feeble and clouds the lucid depths of the mind; and even then we are reluctant to admit that such inroads have been made where we had ever enthroned youth, unmindful that the latter has, in the matter of years, long since abdicated.

She would not be a woman who failed to note the few

and then rapidly increasing traces of age which put their first faint lines upon her brow and temples for the coming years to bring out in bold strokes. Nor would he be a manly man who, when he first discovers that his limbs are a trifle stiff or his breath a little short, would admit it to his comrades in the athletic sports in which he has always indulged. But both man and woman should be reasoning as well as reasonable beings when these discoveries are made, and instead of expending extra effort to appear youthful at the cost of shortening their lives, should husband their stock of youth and strength that their coming years may be fresher and longer thereby. Two wrinkles will come for every one worried over, and a premature crop of them will appear, if a woman sits down to grieve and mourn over the fact that she has reached that point in life where she must bid adieu to youth and stand in the ranks with age. Let her console herself that in the latter class she is but an infant, figuratively speaking, and that many years will come and go before she reaches that old age which she is going to make, according to her own disposition and will power, sweet and mellow or crabbed and sour.

To the sterner sex is sometimes attributed the reason for the tenacity with which women cling to the shadow of youth long after the substance has fled. This may be true in some cases, but in most aging hearts there dwells an anguished thought that life and love and happiness have nothing more in store for them; that they must "move on" and give up to the youthful all the pleasures which to them were so precious. The woman who lets this thought keep tugging at her heart grows old twice as rapidly as she who says, "I have done with all this, but

beyond there are pleasures youth does not appreciate and cares not for. To me, they are just beginning to disclose a charm. They shall solace my declining years. In these shall I find happiness, peace, pleasure, everything to comfort me for my lost youth. I will not waste my time in idle repinings, but will take up this new walk quickly, lest I lose some of its delights." This woman will be young long after she has concluded she is old, and also far readier to acknowledge her age, since on that point her friends will be pleasingly incredulous.

Longfellow says that

"Age is opportunity no less
Than youth itself, though in another dress,
And as the evening twilight fades away
The sky is filled with stars, invisible by day."

And so, when the twilight of youth comes, they who will may look out into the night of earthly futurity and find that age will not decrease their joys unless all hope is repudiated, since repudiated it must be if it does not exist, for the human heart has lived on hope from "in the beginning," and hope is its life; but closing the heart to hope is the suicide of happiness.

As exercise invigorates youth in its early days, so it sustains it when the descent of the shady side of life begins; but while the young may take an almost unlimited amount of exercise, the middle-aged must be moderate, since to attempt to keep up the amount they indulged in during their earlier years, would simply be intrenching upon their capital of vitality and thus depleting instead of building up the system. At this stage of life vigor is oftener sustained than increased, for as the years roll on,

and lighter food and less exercise and sleep are required, the bodily functions debilitate according to all the established laws of Nature, and heavy drafts upon the store of strength weaken its foundations, with no avenue through which to permanently replenish it. The possibility of doing so is as hopeless as the case of a man who has given all his strength to the accumulation of a competence, which, later on, his wants compel him to use, a little at a time, and his broken health prevents him from adding to. He must husband the treasure he has that it may sustain him until the inevitable arrives. The argument applies to both sexes, and a word to the wise should be sufficient. It is this: take as much exercise as your system calls for, and refrain when it rebels. Do not attempt the feats of your more youthful days, but follow them as far as is reasonable. If you are in doubt, or, worse still, if you think your particular human machinery will never break down, no matter what strain you put upon it, seek the counsel of some wise and honest physician, who will tell you all the risks you incur in overtaxing the weakening system, and will do it far more successfully than the pages of any book. Follow the advice he gives generally, but *particularly* what refers to your individual case, and then growing old will be robbed of half its terrors, since you will successfully resist its advances instead of courting them by straining the system in the endeavor to show you are "just as young as ever."

Study and reading are or should be made necessities of the transitory period; but only a portion of time should be given up to them. When the body is weary and the brain fresh, good books are the blessings which come to

take from our minds our aches and pains, lead us into communion with the great of the past and the famous of the present, and fill our souls with sweet content—that elixir which bids defiance to age and softens his foot-prints by its permeating glow. But indulge in study only as a rest, a pastime, a temporary pleasure, if age holds terrors for you. Studious habits are grave and sedate, and often an old man is younger in appearance than his scholarly son. Constant application of the mind to abstruse matters cannot but set the lines of intense thought and possibly of perplexity upon a face whose graveness becomes apparent coldness, and develop a reticence which may not be intended reserve, though often thus construed, or an absence of mind or a disinclination to be disturbed that in this cycle is called “crankiness.” Undoubtedly this condition receives a synonymous distinction in all countries, since old age is generally supposed to be more or less crabbed. It must be confessed, however, that this form of irritability is quite as frequently developed from other causes, and in either event must be overcome, since it is, and justly too, denominated as one of the first indications that the hey-day of life has passed and the winter of age and discontent has appeared. What could be more fortunate than to fully impress, with a beneficial effect, this certain and bitter truth upon the minds of those who “hate to grow old,” but, in spite of all other efforts to resist, let the fact be most unpleasantly forced upon their associates by a growing and disagreeable crankiness of deportment?

Bonstetten makes love the last and an important factor in his method of growing old. It should belong to everybody’s method, though this advice must be discriminately

taken. Love may make a man or woman sublime, or it may make them ridiculous, according to the manner in which they meet the little blind deity's attacks. Common sense is too apt to vanish when love appears and takes possession of a middle-aged or still older victim; and while the mischievous rascal leads his prisoner many a humiliating dance, the world looks on and laughs, though immediate friends suffer keen pangs of mortification. It seems as if men and women, sane and reasoning enough in other matters, become utterly "daft"—as the Scottish people would describe an irresponsible mental condition—,unconscious of the ridicule they are exciting and insensible to all remonstrance. This is the only time they really forget they are old, and it is also the period when every one else remembers and sarcastically alludes to their age. But it is only under certain circumstances, where future matrimony is the actuating motive, that love leads an elderly person, who should have the sense to discipline its attack, from serenity and a properly sedate deportment into an assumption of juvenility that deceives no one and renders him or her a conspicuous object of ridicule. Love loses that sweet sentiment which surrounds it when its victims are youths and maidens, or that makes it beautiful between those who have been husband and wife for many years, when it becomes a dominant emotion in the hearts of those grown old enough to temper its impulses with the wisdom of years, but who throw to the winds reason and every other controlling thought and let the one desideratum erratically assert itself in a series of foolish exhibitions that would put to the blush a younger person.

Love sanctified by years of wedded life is one of the

most beautifying emotions Heaven ever gave to mortals. Not long since the writer witnessed a home scene where husband and wife, each more than fourscore years of age, were as devoted and lover-like as though just wedded. The husband, tall and straight, with a pink and white complexion and snowy hair and beard, looked no more than the number of years allotted to man. The wife, a dainty little creature on whose face shone love for everyone, but most for her lover husband, clung to the latter's arm as when a bride, and her fond, upward glance always met the proud, loving one he sent down into her eyes, just the same as long ago when the twain were made one. He who could look upon such constant, unwavering, mutual devotion, and not feel that he was better for the lesson it taught, or not become conscious of a little tightening of the throat and a dimness of the eye, such as comes when the heart is deeply touched, must indeed have a soul encased in icy walls. A common bond also held these two in sweet and sorrowful love, for children had been taken from them, and their tender hearts were still sore, though each comforted the other with the divine thought that it was only a separation, soon to end. Who thought of these two as *old* people, when their hearts were still young and beamed forth from their faces just as day after day the sun shines out on this grand old world whose face is thus kept as fresh and green as ever? Hosts of friends surround them, and their names and home lives are household words at the firesides of all these friends who pay them loving and almost worshipful tribute. Love for all humanity fills that little mother's heart, along with that for her husband, and to him as to all others she is a lovely, sweet woman whose charms

Time could not destroy; for within her heart and mind she keeps trimmed and burning a lamp of beauty that only death will extinguish. This is the kind of love meant in the quotation at the beginning of this chapter. 'The love that hath charity for all and is unselfish is the love which, next to that for husband and children, beautifies the life, the soul and the face.

If love based on sentiment takes possession of the unmarried in middle life or after, they should keep appearances in mind, even if every other atom of common sense beats a retreat. Age should not be accentuated by an aping of juvenility. Too often, even when love is not the stimulus, men and women refuse to adopt the garb suitable to their own years, but cling to that of youth; and thus, give ridicule, sarcasm, rudeness and maliciousness another avenue through which to send their spiteful shafts, arouse all your sensitiveness, possibly your anger, and so take away from you half your power of growing old gracefully. Some woman has said, "Dress five years older than you are, and you will look years younger and constantly remind those around you that you are not nearly as old as you seem." Reverse the advice, and you are sure to hear unkind remarks about "trying to make people think you are younger than you are."

The man who at forty-five smoothly shaves his face because it was so at twenty, does not deceive any one into thinking him still a young man. Then all the lines about the mouth, and chin, and throat which disclose years are bared; when before they were hidden by beard and mustache. Nature has here given man an advantage over woman, who cannot hide the tell-tale traces on her face; and her attempts to do so by injudiciously and inar-

tistically applied cosmetics only result in a stronger emphasis upon the fact that Time has robbed her of what she hopes art will supply. Still, Nature is kind, and it is possible that as consolation for the advantage just named, she has so arranged that the wig with which a man sometimes endeavors to conceal his baldness is as easy to detect as the wearing of false hair by women is difficult. Sweet consolation it must be since it makes one strangely forgetful of similar self-defects. The writer has experienced the most intense amusement in hearing a woman, the hirsute deficiencies of whose poll were most artistically concealed by a covering of false locks, describe an old beau who was "at least seventy and always wears a rose in his button-hole, and a curly brown wig on his head on which there isn't a hair of his own." In spite of her ridicule and its rather reverting tendencies, she was right when she said, "You cannot imagine how that glossy brown wig, where there should have been lovely white hair, brought out every wrinkle in his sallow old face. If he must wear a wig, I wonder why he doesn't get one that has at least begun to grow gray and so make him *seem* younger by its softening effect on his wrinkles." Dyeing the hair, beard or mustache has just the same effect and often makes a man look hideous, since Nature arranges that the hair and complexion shall harmonize from the cradle to the grave; and to punish those who resist her plans in this respect, she makes the face that is surrounded by dyed hair look older than it is, because the contrast artificially brought about is not of a harmonizing character. The rule applies to both sexes where dye is used with a view to concealing the traces of time. It fails, and not only fails but more fully exposes the fact,

in addition to arousing within the beholder a peculiar sense of repugnance which is never present when age shows the wisdom of years in dress and mind, the sunniness of youth in the disposition, the sweetness of love in the heart, and above all, a content in the present over the pleasures of the past and the hopes of the future. With all these conditions, each of which may be attained by a thorough disciplining of the mind and disposition, the winter of life need not be a crabbed, cheerless, stormy period of waiting for the inevitable,

But an old age, serene and bright,
And lovely as a Lapland night,
Shall lead thee to thy grave.

CHAPTER VI.

THE BENEFITS OF SLEEP.

“Man’s rich restorative ! his balmy bath,
That supplies, lubricates, and keeps in play,
The various movements of this nice machine,
Which asks such frequent periods of repair.
When tired with vain rotations of the day,
Sleep winds us up for the succeeding dawn ;
Fresh we spin on, till sickness clogs our wheels,
Or death quite breaks the spring, and motion ends.”

YOUNG.

SLEEP ! Nature’s most potent medicine ! How it revives the weary, brings oblivion to the heartsore, peace to the troubled ; calls back the bloom to paling faces, liteness to tired limbs and hope to fainting hearts ! But to do all this, it must be the dreamless, unbroken sleep brought by its *aides-de-camp*—exercise and proper diet, and the power to lay aside the cares of the day until the morrow. Care is a most malicious bedfellow and plants more lines and furrows in the faces of those who lie down with him, thus to fruitlessly woo sleep, than do all the pangs of a remorseful stomach or the restless tossings of untired limbs. When the hours of the night go hand in hand with wakeful care, the dawn may bring fitful slumbers, but on the face there is left a weary, worried expression which soon becomes fixed, and the shrewd observer suspects that all is not well with his friend or neighbor.

Masculine nature seems abler to bid care good-night

than the feminine, though the anxieties of men are generally conceded to be of more importance and greater magnitude than those which infest woman's life. Possibly their ability to lay aside their worries when about to court "Nature's sweet restorer" accounts for the greater proportion of faces that are less harassed, and physiques that are more robust, seen among men than women. Said a broker's wife, "My husband will lose thousands of dollars in a day, and come home and sleep soundly; but if my dressmaker ruins a costume for me that has not cost a hundredth part of my husband's loss, it keeps *me* awake all night." Nine women out of ten would make a similar confession, if the point were discussed; but a woman who can overcome such a conquerable folly and fails to do so, does not deserve to be beautiful, nor will she long; for such idle cares will as surely leave fretful traces as those which torment the heart instead of the vanity.

It may be that some of our readers will not indorse the suggestions found in this chapter; but they are based upon personal experience, close and long observation and a careful study of authentic opinions on the subject, all of which seem proof enough to the writer that sleep is a promoter of longevity and a preserver of health and beauty.

Just as a medicinal tonic arrests wasting tissue and creates an appetite which is the foundation of recuperation for a system that needs nourishment, so sleep brings back temporarily exhausted strength and endows us with vigor for future exertions. Unfortunately all cannot sleep when they ought to; unfortunately also, some have too much time for sleep, and, as is often the case where a powerful medicine is too frequently given, excessive indulgence in it befogs the brain, makes the sleeper stupid

and robs the expression of every atom of animation—that necessary adjunct of perfect beauty or even pleasing comeliness. A healthy system calls for sleep and acknowledges an adequate quantity just as the stomach demands food and indicates sufficiency; though it is a sorry fact that there are gluttons in both respects, and that the word is written upon their faces as plainly as though printed upon a placard.

No woman who is a continuous invalid is considered beautiful; and yet many women would not be invalids, if in response to her calls they took the necessary draughts of "Nature's rich restorative." A few wise society women know the value of applying the remedy when needed, and at regular intervals take to themselves periods for rest and sleep, denying audience to even their best friends. After an uninterrupted strain of social duties for ten or twelve days a rest of forty-eight hours brings them out fresh and blooming, with no trace of the exhaustion which sent them into this temporary retirement. The foolish "have no time" for rest, and the end of the season finds them worn, pale, enervated, with every indication of premature age upon their wearied faces. Some one laughs at the idea of a society woman, who "has nothing to do but enjoy herself," needing rest and sleep. Dear reader, the average society woman works harder to "enjoy herself" and gets far less rest, than the busiest farmer's wife who "does her own work" and is up with the dawn. The society woman who "does not get up until all hours" goes to bed on the same principle, and her slumbers do not extend over any greater, and even a less, period, than do those of our farmers' wives who retire at nine o'clock at night and arise at four or five in

the morning. But the society woman has the advantage of luxuries in the way of food, baths and general surroundings, of which the working woman is deprived, and but for this she would age far faster than her less fortunate sister ; for the drain upon her nervous system is far in excess of that endured by the woman who has only her household cares, and can " lie down to pleasant dreams " during the hours intended by Nature for the sovereign remedy, sleep. It is well known that the natural time for sleep is night, and that repose at that time is productive of the greatest benefits. Day slumber, unless with invalids, is usually fitful, uneasy and unsatisfactory. But, as before suggested, it is only deep, unbroken sleep, such as comes at night to the tired who are at peace with the world, that brings the rose to the cheek, vigor to the limbs and brightness to the mind, drives away lassitude and defies age. Sleep is a necessity, a preserver, and if it woos not you, you must court its embraces, even though you speed your wooing by heroic or simple methods.

Beauty sleep! How many references to it one hears, and yet how few of the believers in its efficacy put the theory into practice. " To bed at ten if you do not wish to lose your beauty sleep," is the substance of the edict which some wise old philosopher invented to coax into regular habits, through vanity, the lassies of succeeding generations. The two hours before midnight are worth as much as four after that time, because they yield the sound sleep of exhaustion, the

" * * * * balmy bath,

That supplies, lubricates and keeps in play,

The various movements of this nice machine "

—the human system.

Different people require varying amounts of sleep just as they require more or less food. No one should do with less than five hours' sleep out of every twenty-four. The general rule is—for men, seven hours; for women from eight to nine hours; for children as much as they want and will take. Women, children and invalids, who can, should remain in bed in the morning until the whole system willingly responds to the call, "time to get up." Many prefer early rising and practise it, feeling all the better for it, but there are women so constituted that early rising completely unfits them for the duties of the day. If Nature decides that their rest is not complete at an early hour of the morning, and there is no necessity for their rising, it hardly seems reasonable to compel compliance with a custom against which in these particular cases, Nature offers a genuine protest that should be heeded. The physician, when called upon for assistance, will say to a patient: "Here's a simple tonic; take it, and at the same time do not defy any of Nature's edicts." Now if Nature indicates that a delicate woman or child needs the tonic of late sleep in the morning, man's wisdom should display itself by a yielding to these demands and not by compelling a regimen which perhaps perfectly suits his system, but is in every way depleting to the constitutions of his more delicate companions. Of course, there are circumstances where this idea cannot be put into practice, but where it can it should be, and the result will be an increase of health, high spirits, amiability and happiness, all of which contribute most generously as components of beauty in all its perfection.

There is a diversity of opinion regarding after-dinner naps, where that meal is at midday. There are many

who do not want such a nap, more who cannot take it, and thousands who can and do. A tired child has his daily nap and wakes refreshed and rosy. Why, therefore, should not tired men or women, who feel that a short rest of this kind would better enable them to endure the cares and fatigues of the after part of the day, indulge in it? Will they not be husbanding that strength which must now be sustained since it cannot be added to, and in that way prolonging their lives and holding their youth? This particularly applies to people who are nearing or have reached middle life, and especially to women, every one of whom, after she has arrived at thirty years of age, should take at least "forty winks" or a little nap, even if it is not more than five minutes long, whenever the drowsy god lays his somnolent touch upon her tired eyelids. Just those few moments of sleep often prove magical in their results, and it is not time lost but gained; for age then creeps on at a slower pace, and the ambition of youth comes back to the blood and its flush to the face. Women resort to the use of drugs to brighten their eyes when fatigue has dulled their lustre. The effect is transient so far as their desideratum is concerned, and the system suffers from the drug, which eventually loses its potency and leaves a physical wreck to mark its use. No drug can so brighten and beautify the eye and give it so dewy a lustre as sleep; and sleep, unless its duration be abnormal from some physical or artificial cause, never ruined a constitution or made conscience indifferent to moral degradation, as narcotic or stimulating drugs ever have done and ever will do.

When insomnia attacks, consult a physician after all the simple remedies generally known have failed; for

continued loss of sleep will undermine the constitution, ruin the disposition, blanch and wrinkle the cheek, and give age such an impetus that it will outstrip time, and make a man or woman old in everything except years, often long before the apex between the two childhoods is reached. When sleep seems impossible, endeavor to overthrow the brain power that is compelling the thoughts which drive it away. Methods that seem trivial and often ridiculous frequently accomplish this. Counting the tickings of a clock; mentally repeating the alphabet backward; counting, beginning each time at the unit after repeating the next highest number, thus: one; one, two; one, two, three, etc.; counting a visionary flock of sheep jumping a fence, one after another; rolling the eyeballs under the closed lids from side to side in a rotary motion; are methods often resorted to. When all these fail, try the hygienic method of sponging the body with cold water, and then briskly rubbing with a coarse towel; or if the water be too cold, try the friction of dry rubbing with flesh gloves or a rough towel. A brisk walk of half an hour or so just before retiring will often induce sleep, as the exercise quiets the nerves and tires the system. Sleep is oftentimes exceptionally capricious and can only be wooed by novel methods. One case, though almost incredible, can be vouched for. A gentleman of a very nervous temperament being troubled with insomnia, found that he could only sleep upon coming in from a walk. The slumber would last scarcely more than an hour, when the poor fellow would wake and toss from side to side, unable again to sleep. Every artifice known or suggested was tried in vain. The sufferer finally hit upon a novel expedient. He determined to deceive the fickle god of

sleep; and one night after his first nap, he deliberately got out of bed, dressed himself completely even to his gloves, went down-stairs and out of the front door, which he closed. Immediately turning, he opened it, went directly to his room and again undressed as if he had just come in for the night. The experiment worked to a charm, and was frequently repeated, but in all probability is not likely to become a general remedy for sleeplessness.

Sleep induced by narcotics is but a poor substitute for the sound sleep of health. It is simply an oblivion which is excusable only when illness compels it; and even then the benefits of such sleep are almost always counteracted by the evil effects of the drug that procures it. Health, pride, beauty and the moral sense are all affected, and frequently ruined, by the use of opiates; and the healthy person who makes use of them commits a crime against Nature which the latter punishes sooner or later by depriving him of every attraction both mental or physical.

Frequently the position in bed, the arrangement of the pillows, or too much or too little clothing will prevent sleep. Some people always sleep on the right side and with the head quite high. The result is that while they may sleep very well, they are sure to become what is called lop-sided. Change frequently from one side to the other, and as often as possible sleep lying upon the back, which by some is considered the most healthful position, as the internal organs then fall more nearly into their normal positions than when a person reclines upon one side. Of the two sides the right is the more healthful one to sleep upon, since there is then no pressure upon the heart, and its action is unimpeded. The circulation of the blood is most active when the body

and limbs are straight, and this position is also supposed to be conducive to perfect physical development ; but the Russian soldiers, than whom no men are more erect and robust, are compelled by the military discipline of their country, to sleep "in the form of the letter S," lying upon either side, "to develop their muscles and *keep them from snoring*." It is the latter, more than likely, that is responsible for this particular item of Russian military discipline. Wise educators in matters of this kind direct that we "learn to sleep with the mouth closed," in order to avoid this annoying natural habit ; but the writer, while indorsing the theory, has never found any of its followers who were successful in reducing it to practice. The body and head should be nearly upon a level, the head being but very slightly elevated ; the circulation is then uninterrupted. When the head is too high, the muscles and cords of the neck are strained, the spine is twisted and temporarily distorted, and the sleep, in consequence, is broken and unrefreshing. The habit of sleeping in a half sitting posture should never be formed, and should be overcome if formed ; and when once one becomes accustomed to the natural level sleeping position, the only wonder will be how the one with head and shoulders propped up was ever endured. It may seem to the reader that all this has little to do with personal beauty, but there is not a single infringement of Nature's laws, edicts or demands, in the matter of hygiene, that does not call forth retaliation in the shape of defacement of feature or form ; and when her most powerful ally, sleep, fails to woo or be wooed, her resentment is not tempered with mercy, but leaves its traces alike upon those who cannot, and those who will not sleep. An hour of deep natural sleep, is worth a thou-

sand times more than any amount of that slumber which results from opiates, in restoring energy, beauty, hope and happiness.

One or two other points suggest themselves in connection with hygienic laws. They are generally known and yet little heeded. The healthy should never sleep with the sick, since through some of Nature's mysterious ways the sick absorb strength from the strong; and while an invalid may thus be benefited temporarily, it is at a cost which the strong cannot afford, for even a vigorous system will sooner or later succumb to the continuous absorption of its strength. On exactly the same basis the young should never sleep with the old, no matter how perfect may be the health of the latter. In olden days constant and intimate companionship of the young was a method employed to prolong the life of the old, and the object was in a measure accomplished, but at a great sacrifice of the hopes, happiness and lives of the young. The affection of an old person is often so intense as to be unconsciously but utterly selfish, and by such a one the theory just explained is scouted. The writer knows of two or three instances where young girls who have no organic disease and should be robust and healthy, are delicate, have prematurely old faces and no youthful vigor. To a believer in hygiene the cause is patent. They occupy the same sleeping apartment and share the same bed with aged relatives, whose vitality is certainly sustained by feeding by absorption on that of their young companions. Health should not be thus sacrificed to sentiment, because the demand for the sacrifice is purely selfish; and loss of health always means loss of beauty. Where a sacrifice of this kind is a necessity arising from circumstances it must

be patiently endured; but where the basis is selfishness, both child and mother should rebel.

Retiring too soon after a hearty meal will result in unrefreshing slumber. At least two or three hours should elapse between dinner or a heavy supper and bed-time. The stomach will then have most of its digestive work done, and the system will be in a condition for complete repose—and complete repose means bright eyes, a clear brain, rosy cheeks, ambition and happiness for each day that follows a night of this supreme restorative.

Make your sleeping apartment as attractive as possible. Put into it as many pretty things as you can afford, so that your waking hours in bed may be spent among cheerful surroundings. Before you retire, fold and put away, or hang your clothing out of sight; and be sure to let down your window from the top, for good ventilation is as necessary in a sleeping apartment as sleep itself. When you awake in the morning, the fresh air in your apartment and the latter's neat, cheery appearance will exercise a tranquillizing, soothing effect, and you will arise in a more pleasant and agreeable frame of mind than if this advice were neglected. A frown on beauty's face when the sun rises over the hills is far more noticeable than later in the day. The rose that is dewy and blushing in the morning excites the admiration of every one. Be roses of the morning, therefore, dear girls, and become so by taking the "beauty sleep" prescribed by the wise old philosopher; the sleep intended by Nature to keep you fresh and lovely and fit you for a long and happy life in this beautiful world.

CHAPTER VII.

GENERAL HINTS REGARDING THE BATH AS A PROMOTER OF HEALTH AND BEAUTY.

THE bath, properly taken, is not a matter of purification alone, but is a beautifier as well. To be cleanly is a just homage to Him who requires purity in all things whether of the soul or body; a moral obligation to those with whom we come in contact; and a duty we owe ourselves from a sanitary standpoint, and also from a laudable desire to preserve such endowments in the way of beauty as Nature has seen fit to bestow upon us.

The general acceptance of the meaning of the word "bath" begins at water and ends there. Two other powerful elements which should be included are air and sunlight, but as their missions differ somewhat from that of water and in a way are less important, a consideration of the "general acceptance" seems first in order.

There is something radically wrong, mentally, with a healthy person who enjoys the enlightenment of civilization and yet refuses an intimate acquaintance with soap and water and only occasionally tolerates its reviving, refining influences. The inappreciation of cleanliness by the savage of the forest or of heathen countries can easily be understood; but when a human being, belonging to a civilized white race which acknowledges that "cleanliness is next to godliness," deliberately refuses or neglects to indorse the precept by practice, he is a savage in his own

country; and unless he can be converted to a belief and indulgence in frequent ablutions, he forfeits all claim to even the minimum of respect left for him on the basis that he is a specimen, though a sorry one, of the *genus homo*.

As a rule, it must be confessed that men are better bathers than women; for when bathing is one of their regular habits, they will persevere under difficulties and in the face of obstacles that would totally discourage and finally defeat a similar effort on the part of a woman. And yet to both the bath is equally necessary and, properly regulated, equally beneficial. We all know the evil effects of defective sewerage and drainage and how a choking up of the pipes throws back upon us the poisonous gases of decaying matter. It is on exactly the same principle that the human system suffers when bathing is neglected. To fully and emphatically impress the importance of cleanliness upon the reader who may know nothing anatomically and physiologically of her skin, a condensed description of the latter seems necessary.

The skin includes three distinct divisions. The outer one or surface of the body is called the epidermis, cuticle or scarf-skin. It is an extremely thin, leather-like layer of membrane and, not being supplied with nerves, is therefore insensible, though it is that portion which rises in blisters through friction, exposure to the sun's rays or the application of irritants. The corium, or true skin, is situated just underneath and next to the cuticle or epidermis and is a strong, tough membrane replete with nerves and blood-vessels. It is this skin that bleeds or feels pain at the least cut or puncture, for so filled is it with tiny arteries and veins that the point of the finest

needle cannot be inserted in it without wounding one of them or a nerve filament. The third division, or subcutaneous cellular tissue, lies directly under the true skin, and is generally very fatty. Occupying the latter and the true skin are the sweat glands which are coiled and twisted tubes, each ending upon the epidermis in a minute opening called a pore. These pores average *three thousand* in number to every square inch of cuticle, and the hair-like ducts or sweat glands to which they are openings coil and turn until in the body of an ordinary-sized person their aggregate length represents a distance of *twenty-eight miles*. If, through a lack of cleanliness, (or from other causes), the openings to this immense system of drainage become closed or clogged, the result is apparent to a reasoner, and he at once sees what formidable proportions it may assume. Perspiration is the method adapted by Nature to throw off effete or superfluous matter through the skin, but this cannot be effectually carried out unassisted by bathing. When nature has forced to the surface what she discards, all traces of the refuse should be, for very obvious reasons, removed. This done, the oil-glands gently soften the skin without making their mission disagreeably apparent; the epidermis becomes fine and transparent, and through it the blood shows a clear, healthy tint, and a fresh, rosy complexion, that desideratum of every woman, results. That this complexion will be spotless is not promised, but it will be so benefitted as to more readily respond to the treatment suggested for it in the succeeding chapters of this book.

Frequently the eruptions seen on the face are the result of uncleanness. This may sound harsh and unreason-

able until understood, when it cannot but be acknowledged. The magnitude of the human drainage system has just been explained, and it is certainly sufficient to do its part of the work of purification if properly aided; but if the pores of the body are not kept free from clogging matter and the drainage must escape, where will it find an outlet except on the face which is daily washed and thus affords the only unobstructed canals for the crowding, poisonous matter that must be thrown off? A complete daily bath may not suit every constitution; but that point can be decided by personal experiment. A bath should be taken as often as possible, either at night or in the morning, according to the time of the bather or its effect on individual constitutions; for if the pores of the skin are so choked that a portion of their work is also thrown upon the kidneys or intestines, and these are not healthy in themselves, the whole system may be quickly and seriously deranged. It is because of improper purification of the blood through natural channels that so many skins are susceptible to and infected by skin diseases—those disfigurers of beauty so dreaded by all. And when one thinks of the refreshing, delightful preventive, the bath, whose benefits are often so little understood and appreciated, possibly because within reach of every one, it would almost seem that a crop of pimples upon the face of a beauty would prove a fitting punishment for her neglect of this department of hygiene. Of course, there are cases where there are decided humors in the blood, which even the most scrupulous habits will not materially benefit. If the unfortunate sufferer finds no relief from the bath and the simple remedies suggested elsewhere in this volume, she should put herself

under the care of a reliable physician for a thorough course of blood purification.

Regarding the proper time to take a bath, a simple, general rule may be given: Take cold baths on arising in the morning, and warm ones just before retiring; or if a warm bath is taken during the day, it must be followed by active exercise for an hour or so in the air, or repose for the same length of time in a warm room in which there are no draughts. In this way the blood gradually cools to its normal temperature, and a cold, that enemy to comfort and comeliness, is avoided. Probably the most satisfactory time of the day for invalids or delicate people to bathe is about eleven o'clock in the forenoon. Then the breakfast will be nearly digested, and by the end of the bath the stomach will be again ready for food, which at this particular time will be doubly beneficial, since it will not only fulfil its natural mission, but in addition effectively brace up the system if the latter has suffered any depression whatever from the bath. At this hour of the day tepid water is the most advisable. In taking Turkish or Russian baths, the hour need not be considered—except as in all baths, none of which should be taken under an hour or so before or after meals—since they are followed by a period of resting and cooling off in the lounging rooms of the establishments where they are given, which will prevent all evil results in the way of chills or colds. Cold baths are taken for the purpose of stimulation and invigoration and are generally short ablutions of the “plunge” or “sponge” varieties. In either case *brisk rubbing must follow*, to call the blood to the surface of the body until the latter glows like a rose; for the effect of cold water without friction, is to drive

the blood from the surface and leave a chilled and shivering unbeliever in the efficacy of cold water as an invigorator; nor will her convictions be very erroneous, for a cold bath without considerable after exertion with the towel or flesh gloves, is a fair example of "faith without works."

If cleanliness is the main object of a bath, then warm water must be used, nor must soap be omitted. The housewife knows she cannot cleanse her domestic utensils nor her linen without both, and it is quite unreasonable to suppose that the skin, which is constantly exuding oily, fatty matter can be cleansed with water alone, and especially cold water which has never yet evidenced an affinity for grease in any form. But cheap soaps are emphatically forbidden, even though they may be fair to see, and agreeable to the nostrils. A cheap soap usually contains strong alkalies, and filthy fatty matter necessitated by its cheap character. It may perform its work of making a "good suds," but its later effects on the skin are sure to be deplorable. In bathing establishments patronized by refined people one rarely sees other soaps than the old-fashioned pure Castile or the newer Ivory soap and occasionally a refreshing cotton-seed oil soap made expressly for the purpose. None of these are colored, none perfumed, and all are extremely softening and cleansing in effect.

In taking a warm bath judgment should be exercised in the matter of duration. So seductive is the pleasant sensation of warmth imparted that many people are apt to linger too long over such ablutions and suffer, in consequence, a debilitating effect which prejudices them against warm baths just as an indiscriminate use of cold

water without friction has convinced others of the insalutary effect of cold bathing. Judgment, either personal or that of an attendant, based on the *effects* of a *properly given bath*, must regulate the duration, degree of heat and hour of taking, in all cases. Then the bath will do all that is claimed for it in the way of renovating the person, invigorating the system, increasing the softness and fineness of the skin, and making the individual look and feel years younger; and all this with no attendant unpleasant effects.

Just how often a bath should be taken is so largely dependent upon conditions and circumstances that no arbitrary rule can be established. Bathing may be carried to excess, but a majority err in the opposite direction. A daily bath at home in the morning is recommendable, and where the surroundings and time are favorable, this is a general rule. Its exceptions are usually found outside the circle of luxury; and to those who are able to indulge but occasionally, we can only say, take your bath as often as you can, or as frequently as seems to suit your constitution, and let it be of the kind, hot or cold, which seems to revive your system best and refresh you most. But be sure to take it. It is the least expensive and most potent promoter of comeliness known to science; and in ancient days physicians often made woman's vanity regarding her charms of person the lever by which they induced her to adopt habits of cleanliness. A famous beauty sought advice upon the preservation of her loveliness. The clever old doctor gave her a vial of colorless liquid and instructed her to daily take a bath of soft water in which were three drops of the precious liquid. The lady followed his bidding for years, and was beautiful

until the end of a good old age. In the mean time it had been secretly discovered that the elixir given her by her cunning physician was nothing more nor less than some of the same water used for her baths. It was a ruse—the only one which could have induced her to take a daily bath, the merits of which the sage old fellow knew full well. Except among the ancient Greeks and Romans, the bath at that time was apparently something to be dreaded rather than enjoyed; but in this age the belief in its sanitary benefits is rapidly increasing, and a glance at the glowing faces, bright eyes, and elastic figures of the men and women of to-day who make the bath one of their daily habits, is a sufficient indorsement of its efficacy to convert the veriest sceptic on the subject.

The test as to the advantage or benefit of a cold bath in individual cases is easily understood. If a “glow” immediately follows the drying of the skin, the bath is beneficial; but if this reaction is tardy, or does not occur at all, and there is a bluish tinge upon the surface of the body, under the nails and on the lips, and this continues for some minutes, then the bath is harmful.

Delicate people must be cautious in taking cold baths, and children and elderly persons ought never to bathe in water below 70° Fahrenheit. Where cleanliness is the main object, the water should be from 92° to 98°. Where the bath is to serve as a powerful stimulant, as in cases of illness, it should be from 98° to 115°. The temperature of water for a cold bath should range from 32° to 65°.

Where it is possible, use fresh, clean rain water for the bath. This is the nearest approach to distilled water, which is too expensive for general use, but is, without doubt, “fitted beyond any other to render the skin clean,

odorless, white, soft, smooth and transparent." Diana of Poitiers, a famous beauty at the courts of three successive French kings, was as charming, fresh and lovely at the age of seventy as at thirty; and though it was said clever chemists prepared for her daily use a potion of soluble gold, yet her "apothecary-in-chief" declared that the only thing she did to so wonderfully preserve her youth and beauty until her death at the age of seventy-two, was to bathe "in rain water every morning of her life."

Pure, soft water, be it from spring or stream, is, next to rain water, the best for bathing purposes, and often with it a little borax or ammonia will, with the oily secretions of the skin, form a natural soap that is quite sufficient for all cleansing purposes.

Hard water, which is made so by deposits of lime in the surrounding soil, should not be used for bathing, unless soft water cannot be obtained, for it cracks the epidermis and roughens and reddens and chaps it out of all semblance of beauty. But if it must be used, it can be somewhat softened by boiling, or by adding to it just enough borax or ammonia to make it feel smooth and silky. The lime cement upon the inner walls of a cistern frequently hardens even rain water; and when the latter is to be reserved in quantity it should pass into the cistern through a large filter of charcoal, coarse sand and gravel, and through a smaller, similar one when drawn for use. This removes all impurities and prevents the disagreeable odor always present from the decaying vegetable and animal matter in an unfiltered supply of rain water. Chips of oak wood, or tannin of oak bark, put into hard water containing organic impurities will cleanse

it by causing the impurities to sink to the bottom, but they will not soften it. The muddy water of the river Seine is cleansed by using alum in the proportion of two or three grains to the quart; but while this process cleanses, it leaves the water harder than before.

A few general rules for bathing should be observed, and are given below.

First.—The best time for a bath is two hours before or three after eating.

Second.—Do not take a bath when greatly fatigued or exhausted, as under such circumstances proper reaction and warmth will not be likely to occur. Moderate exercise before and after a bath are beneficial in accelerating and stimulating the circulation.

Third.—Begin all baths by thoroughly bathing the head and face to prevent a rush of blood to the head and other unpleasant sensations.

Fourth.—Take all general baths briskly, and rub vigorously in the bath as well as in drying.

Fifth.—Use moderately coarse towels, also flesh gloves if desired. Rub briskly and create a thorough glow all over the person.

Sixth.—Dress quickly if you are to go out, and keep moving until the body is of normal temperature. If you are feeble, or it is bedtime, get into bed, cover up warmly, and go to sleep if possible.

Seventh.—People of nervous temperaments or impaired digestion, those whose circulation is feeble or whose temperature is below the normal standard, and invalids or convalescents should avoid using cold water; for it will eventually render them more miserable, though it may temporarily benefit.

Eighth.—The temperature of the room should not be below 70° . With good ventilation 80° or 85° would be better.

In the following chapter the various kinds of baths in general, fashionable and medical use will be discussed, with such suggestions added as have arisen from personal experience and general observation.

CHAPTER VIII.

BATHS : DIFFERENT VARIETIES.

TURKISH BATHS.

NEXT to the ordinary bath, which is usually taken at home, and for which general directions have been given in the preceding chapter, the Turkish is the popular bath. To it are ascribed wonderful remedial effects both upon the system and the complexion; and as its philosophy is in harmony with the structure of the skin and its drainage facilities, its claims are well founded and its evident results manifold. For the instruction and benefit of those who know of the Turkish bath only from references to it by individuals or periodicals, it will not be amiss to describe it.

Entering a pretty room filled with couches and partitioned off along the sides into small dressing-rooms, the bather registers her name and address, pays for her bath and gives to the cashier for safe keeping her purse, watch or any other valuables she may have with her, receiving in return a numbered check for the same, or the key to the drawer in which they are locked. An attendant or "rubber," a muscular young woman clad in a single garment similar in construction to a Roman tunic, shows the bather into one of the small dressing-rooms and quickly brings her a dry, hot linen sheet of ample proportions. Undressed, the bather wraps herself

in the sheet, and the attendant leads her into "the hot room," which is fitted up with couches and reclining chairs, and is hot indeed, the thermometer registering from 140° to sometimes as high as 240° . According to whether this is her first bath, or she requires or can endure the heat, the bather is left in this room from fifteen to thirty or even forty minutes, is given hot or cold water to drink, and has her head bound in a wet towel, and her eyes similarly covered if they are sensitive. The result, of course, is just what is desired, and perspiration flows copiously from every pore. Little rills and rivulets of it roll down the face, and the whole body is in a corresponding condition. When the attendant thinks the bather has perspired sufficiently, or the latter feels that she cannot endure it any longer, she is taken into a lavatorium or shampooing room, and, denuded of the protecting sheet, reclines at full length upon a marble slab with her head upon a rubber air-pillow. Aided by clear, tepid water, the attendant rubs her vigorously all over with her bare hands, and the old and deadened scarf-skin, already loosened by the perspiration, rolls off, leaving the newer scarf-skin clean and fresh. Then with more warm water, pure soap and a fine flesh-brush, the bather undergoes a thorough scrubbing from head to foot, after which the flesh and joints are manipulated by a series of pinchings, kneadings and percussions, until the whole person glows brightly. Then comes the rinsing spray, and afterward it is optional with the bather whether or not she shall take "the plunge" after she has been partly prepared for it by "the shower." The latter is skilfully regulated as to temperature, beginning quite warm and gradually cooling down until it feels quite cold. This produces a

reaction and sends the blood bounding through the veins and back from the surface of the body, to which it is again called by brisk rubbing with the drying towels. "The plunge" is a large pool of cool water four or five feet deep, and into this those who wish, and believe in its reactionary and beneficial virtues, which are undoubted, may plunge and dash or swim about for three or four minutes after the shower. After the bather is rubbed dry and rosy, she is again wrapped in a warm sheet and conducted to a couch in the outer room covered and spread with soft woollen blankets, where snugly tucked in she reclines until she feels perfectly cool and rested. Sometimes the resting includes a short nap, or the sipping of a cup of hot beef-tea, or indulging in some light refreshment, as the stomach and system may seem to require. At the end of a couple of hours from the time she registers, the fair bather appears again on the street, fairer than ever, with the glow of health on her cheek, its brightness in her eye and its liveness in her limbs. According to her means, time, or the requirements of her system, a lady takes a Turkish bath once, twice or thrice a week; possibly not more than once in two or four weeks, though at least once a week is recommendable for cleanliness and the complexion.

The Romans, to whom we are supposed to be indebted for this style of bath, held it in such high estimation that their ladies' bathing establishments were enriched by the finest decorations of that period, and in them the fair bathers spent most of their time. This bath was perpetuated by the Turks, who handed it down to this generation and gave it its present name. Aside from being a most thorough means of outward purification, it is also a power-

ful and efficient hygienic method of treating various diseases, besides being an exceedingly pleasant one. Its merits as a promoter and preserver of beauty and health cannot be too highly extolled. Society people of both sexes, who live constantly in a whirl of fashionable dissipations, are among its warmest advocates, and take frequent advantage of its recuperative processes to enable them to successfully withstand the strain of social requirements.

RUSSIAN BATHS.

The processes of this bath are similar to those of the Turkish, but instead of dry heat the atmosphere is impregnated with steam, whose various degrees of density are encountered and endured by reclining on a tier of shelves; the lowest shelf being in the least steam, and the upper one where it is densest. As the bather becomes accustomed to the degree surrounding the shelf upon which he is reclining, he ascends to the next. He may find it necessary to place a wet sponge over his mouth and under his head until accustomed to the change. When profuse perspiration is induced he undergoes the scrubbing process of the Turkish bath, its manipulations, and a flagellation with small twigs. The Russian bath also includes the plunge. Most of the bathers are men, who are better fitted for its rather heroic processes than women. The same as in climates, the moist atmosphere of the Russian bath is more oppressive than the dry air of the Turkish. A temperature of 115° is about as high as can be comfortably endured in the Russian bath, while the Turkish at 130° is productive of far less disagreeable sensations than the Russian at 115° . Both kinds, however, work wonders in beautifying the skin and

improving the general health or overcoming any temporary indisposition of the bather. Either will cure an incipient cold, if properly given. Both the Turkish and Russian baths may be approximated by home methods, which we give here, though, of course, the imitation will fall far short of the genuine.

A simple Turkish bath may be taken at home by the following method: Seat yourself, unclothed, upon a cane-bottomed chair under which is placed a spirit lamp—that is, one fed by alcohol; or the lamp may be placed outside the chair and its heat conducted underneath the chair by a tube. Wrap a large blanket completely around yourself and the chair, tucking it closely in at the borders. Remain thus seated until profuse perspiration occurs, then quickly rub and shampoo yourself, and jump into a tub of cold water, or stand under a shower for a second or two and dry briskly. The temperature of the room should be from 85° to 100° , and you must work quickly. Finally, wrap yourself in a blanket and rest until cool enough to dress and take some exercise.

If you prefer to try the Russian or steam bath, substitute for the lamp a plate on which there is laid a very hot brick. Have some one pour water on this brick, a little at a time and frequently, to generate steam, until you think the process has lasted long enough—from ten to twenty minutes—and then follow the methods just given for the home Turkish bath. A pail of boiling water in which hot bricks are dropped, one at a time, may take the place of the plate and brick in producing the steam. Many ladies steam their faces alone two or three times a week to obtain a fresh, soft complexion.

SHOWER-BATHS.

These baths, if properly taken, are among the most popular of the hygienic varieties. Improperly taken, they often result disastrously. A few positive instructions, conscientiously observed, render the shower-bath one of the best which can be indulged in either for pleasure or benefit.

No one should take the shower-bath at a temperature of less than 60°, and for most people it should be from 70° to 85°. Begin with the water tepid, then let it run cooler, and finally cold. Rub each part vigorously as the water falls upon it. Let it fall first upon the hands and arms, then let it strike the legs and feet, and finally the neck, back and chest. Afterward turn and bend the body in different directions under the falling drops for two or three minutes, and be energetic in your use of the drying towel. Cold water should not be allowed to fall on the top of the head, nor any water at all unless the bather has short hair; then the shower may be enjoyed to the fullest capacity as it falls upon the head and trickles down over the body and limbs. This bath may be applied beneficially to every one except the feeble. It is a powerful tonic, and greatly increases the circulation in addition to being useful for cleanliness. To those in vigorous health it is a delightful morning bath when taken cold.

When the bath-room has no shower, or a home has no bath-room at all, a simple shower-bath may be contrived by piercing the bottom of a tin pail or bucket with small holes made quite close together. A false bottom, made whole, and to the center of which is attached a string, should fit into the pail, which in its turn is conveniently hung over a tub or wherever the bather chooses. Fill the

bucket with water of the desired temperature, and when ready pull the string. The resulting shower will not be of long duration, and the bather must make the most of his time, rubbing vigorously the while. This will not be a very thorough shower-bath, but it is far better than none, and worth the trying.

THE FOOT BATH.

Except that it will often break up a cold, which is certainly disfiguring in its effects for the time being and disagreeable as well, the foot bath can scarcely be catalogued as a developer of beauty. It is simply a temporary preserver, which accomplishes its object through correcting a derangement of the system; but for whatever purpose it is taken, it should be properly done, otherwise it may not only fail in its intended mission but still further aggravate the difficulty.

As the object of a foot bath is to promote perspiration and quicken the circulation by calling the blood to the extremities, the patient should be seated in a warm room and warmly clad or wrapped. A bucket or deep receptacle which permits the water to come well up above the ankles—say half way to the knees—is necessary, and when the feet and limbs are immersed, the bucket and limbs should be well wrapped with a blanket to keep the steam from evaporating and the hot air and water from cooling. A constant rubbing of the feet and limbs by an attendant is a valuable acquisition to a foot bath, as it assists in increasing the circulation. When the foot bath is completed, the patient should immediately get into bed, cover up warmly, drink freely of hot herb tea or lemonade, or even cold water, and go to sleep. It is better not

to seek the aid of the foot bath at all, if immediately after it the patient patters around in her room until chilled or cooled. She simply wastes her time, and renders herself liable to an accession to her cold.

The temperature of a foot bath should be from 105° to 110° , though it is usual, when no thermometer is convenient, to have the water as hot as can be endured. The water should be kept in the latter condition by frequent additions of boiling water, which may be conveniently added. A little dry mustard may be thrown into the bucket when a quick reaction is desired, but ordinarily the hot water alone is sufficient.

SEA BATHS.

The great benefits attributed to sea bathing arise largely from a change of air and the unusual activity necessitated by a "dip in the surf." But if this summer pleasure is the agreeable means to a desirable end, no one should be ungenerous enough to rob it of its reputation as a benefitter of mankind. The fine deposit of salt adhering to the cuticle after such a bath temporarily closes the pores and prevents one from taking cold, and also by a gentle friction resulting from its contact with the clothing, has a stimulating effect upon the circulation. The latter is also increased by the exercise which the bather otherwise would not take; and this exercise is all the more beneficial from its merry nature, which tones up the spirits as well as the physical system, and while it kindles the eye and deepens the rose upon the cheek, it also brings brightness to the mind and happiness to the heart. Beyond these results sea bathing really has no specific merits. It is based upon hygienic principles, and any

other cold bath given elsewhere with the same amount of exercise, plenty of friction with rough drying towels, and an equal flow of sportiveness, would be followed by as beneficial results. Sea water is said to be a tonic for the skin, but no very definite idea of just why it is so considered is ever given, except that it induces a free circulation at the surface of the body. In the Turkish baths, the attendant frequently rubs the bather with salt just before the "shower" or "plunge" to stimulate the circulation; and at any drug store sea-salt may be obtained in boxes, so that, except the romping exercise of dashing into the waves and meeting the breakers with laughing defiance or breathless defeat, one may enjoy all the stimulating benefits of sea baths in her own home. The main advantage of sea bathing at the shore is that *there* people make a *daily habit* of it; at home only a occasional one.

Delicate people should not indulge in sea bathing except under the advice of a physician, for what would prove a luxury to a robust, vigorous person might and undoubtedly would be debilitating to a system too weak to endure the shock of a cold plunge. At many of the resorts along the coast bath-rooms in which hot sea water may be obtained are provided for the use of invalids or those to whom bathing in the open sea is not beneficial. Where hot sea baths are not obtainable, invalids or delicate individuals, elderly people and young children, should begin with sponge baths in their own rooms, and thus gradually become accustomed to the cold sea water and the cooler moist atmosphere of the coast. Afterward a bath of four or five minutes now and then in the surf, taken with discretion under favorable conditions, will prove invigorating and healthful.

As in all other baths, general rules for sea bathing are necessary and should be observed.

First.—In going from the interior to the coast, provide yourself with extra undergarments as a protection against the change from comparatively warm, dry air to the cooler, moist air of the sea-side. Also take with you a bathing suit of flannel, made or bought to fit you; a cap of oiled silk to protect your hair, if long and thick, from the water; two or three pairs of dark or fancy hose to wear with the bathing suit; and a pair of bathing shoes. Then you are fully equipped for a battle with the waves.

Second.—Choose a time for your bath when you are not fatigued by exercise or fashionable dissipation, or overheated and perspiring. Then when robed for the sea, wet your face, and, if possible, your head, and plunge into the waves without hesitating or standing about in the cool air. Keep up active exercise in the water, as this increases the respiration and quickens the circulation, and by thus calling to the surface a greater flow of blood, induces a more salutary warmth. A chill is usually temporarily felt upon the first entrance into the water and is caused by a contraction of the surface capillaries which drives the blood to the interior parts. The accelerated action of the heart will soon cause it to return however, but ere long a second chill is likely to occur. The wise bather, and especially an invalid, will prevent this recurrence by leaving the water before it has time to appear.

Third.—The length of time a bather should remain in the water, and the duration of baths taken without regard to sanitary proprieties are almost irreconcilable. Most bathers should not remain in the water longer than ten

or fifteen minutes—invalids not over four or five. But vigorous, merry young people pay little heed to these rules, and spend the greater part of a forenoon or an afternoon, according to the bathing hour, in alternately dashing about in the waves and sunning themselves dry upon the clean white sand of the beach. They certainly cannot get too much fresh air and exercise, and provided they do not become chilled in the water, they are pleasantly laying the foundation for months of health and beauty. By the latter we do not mean the transparent, wax-like beauty of a hot-house flower, for more than likely the salt breezes will brown the tints of the rose and the lily, and the sun will imprint his kisses in golden flecks upon the skin; but the *tout-ensemble*, aside from separate considerations, will be highly satisfactory to those who believe that true beauty consists in perfect health.

SUN AND AIR BATHS.

Without both sun and air no flower ever came to perfection, even though planted in rich soil and given plenty of moisture. A flower or plant partly deprived of necessary nourishment is pale and sickly, droops languidly and calls forth sympathy instead of admiration. Except that it is a weakling because of deprivation, there is nothing unhealthy about it, and given air and sunshine it would wax strong and bloom luxuriantly.

This is exactly the case with many of our delicate, weakly, pale-faced women and girls. To preserve, as they fancy, their complexions, they shut the sunlight out of their rooms and stay in them; or when obliged to go out into the air, wrap their faces in thick veils, until the pallor of their skins is like marble, and its effect

upon the eye about as satisfactory—the dead white of inanimation. It may be beautiful in its way, but it chills one. To a rational, thinking mind, a complexion thus “preserved” is spoiled. It lacks the warmth of rich, red blood and the fine, firm texture which sunshine and exercise in the open air will give it. Undoubtedly, if unprotected, the dusky shadow of tan will fall upon its whiteness and sun-kisses or freckles will appear in golden sprinkles, but these temporary blemishes pale into insignificance before the colorless, transparent, sickly hue so striven for by vain and foolish women who do not seem to understand that the world at large loves color, vigor, animation, and everything which their snowy-white, lifeless complexions do *not* indicate. It is gratifying to note how rapidly the old-fashioned silly idea, that a woman must look like a lily to be beautiful, is disappearing. Our present belles fence, row, ride, play tennis, swim, go on tramping expeditions, and fish and hunt, and the result is a bonny, blooming set of young women, who prove by their health and happiness what a reformation has been brought about by exercise in the pure air of heaven and the quickening rays of the sun.

Statistics show that four times as many invalids recover in rooms where sunlight is freely admitted as in those from which it is wholly or partially excluded; and that in cities visited by cholera most of the fatal cases are located in rooms on the north side of the house into which the sun never directly penetrates. It follows therefore that living and sleeping rooms should be situated upon the sunny side of the house. Sunshine is as necessary to the proper ripening of the air we breathe as of the fruit we eat, and this being true, it is plain that sleeping in an apartment

into which fresh air is not freely admitted must be detrimental to health and therefore to beauty; and how much more so if sunshine as well as pure air is excluded.

Children born and brought up in an atmosphere deprived of sunlight are subject to a multitude of diseases which seldom fall to the lot of those born and brought up under the natural surroundings of air and light, which are essential to the perfection of animal life.

Many women who take a just and commendable pride in being "good housekeepers" too frequently endanger the health, and even sacrifice the lives of their families, in their endeavor to excel in this respect. Often the "best bedroom" is kept in a state of total darkness and consequent dampness all through the year, and especially in the summer. The unfortunate guest comes and sleeps in this veritable charnel house, which chills him, even with the thermometer away up in the nineties. If he desires a siesta after dinner, he is directed to the parlor where the flies will not bother him; but the tickling of their tiny, travelling feet is a pleasure compared to the icy sensation which soon creeps along his spine in this fly-protected room. Dear housekeepers, get screens for your doors and windows to keep out these little tormentors, and let in the pure, sweet air and the health-giving sunshine to drive away the musty, mouldy atmosphere and odor too often permeating your "best" rooms.

At sanitariums, sun baths are among the most valuable methods of treatment, as well as the most agreeable, and daily the patients draw sustenance from the rays of the sun, until in conjunction with tender care and congenial companionship, weakened systems become strong, faces

rounded, cheeks blooming and hearts happy. As every little pore of the body needs air and sunshine as well as water, the daily exposure of the person for a short time to the direct rays of the sun is very beneficial, provided the "bathing" place is protected from cold air. A room at the top of the house, where the sun may pour through a skylight window, is often utilized for the sun bath; and many people who appreciate the benefits of such a bath often have a room fitted up for the purpose. A noted writer says: "If the sun bath were regularly and frequently taken, digestion and assimilation would be more complete, the skin would become firmer and tougher, the muscles more solid and elastic, the nerves less irritable, the circulation more regular, and all the physiological, chemical, and vital changes more effectually carried on."

This being true, is it not a deplorable infraction of one of Nature's laws to drive out the sunshine and harbor in the heart of one's family an enemy to health and beauty?

CHAPTER IX.

MASSAGE.

ALTHOUGH massage has come into general use as a remedial procedure, comparatively few people understand the literal meaning of the word and therefore remain quite in ignorance of its practical definition.

Massage, derived from both the Greek and Arabic, means "to knead or handle ; to press softly." For many years the word has occupied a place in the medical literature of the French, in whose language it is defined as "*shampooing* (pressing the joints and rubbing the limbs)," thus connecting massage with the bath, and undoubtedly giving rise to a general impression that the two are inseparably allied. This, however, is not the case, for while the Turkish and Roman baths introduce simple massage, massage as medically understood is a procedure conducted without the bath, though usually assisted by embrocations of olive or cocoa oil, and signifies a combination of movements with the hands, including friction, kneading, rolling, percussion and variously applied manipulations, all done with the object of curing, relieving or stimulating the person under treatment. It is often combined with the passive, resistive and assistive movements known as the "Swedish movement cure."

"What's in a name?" is fully illustrated by the fact that under the appellation of "massage" many are induced, with benefit to themselves, to try its curative properties,

while under the more commonplace though better understood term *rubbing*, its actual standing would be undervalued and its assistance, therefore, refused as unworthy of consideration. While massage includes rubbing, the latter is not always massage, and in not allowing the name to degenerate, the wisdom of physicians is manifest.

It is also supposed by many that massage is a comparatively recent discovery, but its history proves it to be as ancient as the everlasting hills. As early as 1000 B. C., Homer relates how weary war-heroes were rubbed and anointed, to rest and refresh them. Telemachus and Laertes, too, accepted the same ministrations, as did Odysseus, when wearied by active exertion. Among all classes of the ancient Greeks and Romans massage was extensively patronized for the most diverse purposes. Impatient invalids hastened their convalescence thereby; others, before undergoing severe tests of strength which rendered them liable to strains or ruptures, made their tissues supple and enduring by it; after their struggles in the arena, gladiators were *masséed* to reinvigorate them and relieve the pains of their bruises. The rubbers were as diverse in character and method as those who received the massage and among them were doctors, priests and slaves; but probably those who most often ministered in this way were professionals who attended wrestlers and kept their physical condition as well as their complexions perfect. Herodicus was so enthusiastic in his ideas of the infallibility of gymnastics and massage as curatives and preservatives that he compelled his patients to practically adopt his theories; and he was so successful in prolonging the lives of many old people, that Plato took him to task for extending a period

of their existence in which pleasure grew less and less. It is said that Herodicus cured himself of bodily weakness and feeble health, by applying his practice, in these respects, to his own case, and in consequence lived to be one hundred years of age. Hippocrates, a pupil of Herodicus (460 to 380 B. C.), in his aphorisms on the subject, included the wisdom of the still earlier disciples, and augured future developments in a manner which disclosed a far better understanding of the matter than any writers of the present era have evinced. Cicero divided the honors of his health equally between his anointer and his physician; and Julius Cæsar submitted daily to being pinched all over as a remedy for neuralgia. From the history of massage it is shown that all nations, before and after the beginning of the Christian era, practiced massage and that they all considered it a sovereign remedy, a rejuvenator of the sick and aged. In the island of Tonga, Oceanica, the natives practice massage movements under the names of *Toogi-Toogi*, *Mila* or *Fota* which mean, respectively, a soft and constant pounding with the fist; rubbing with the palm; and pressing and squeezing the tissues with the thumb and fingers. This is their general mode of resting and soothing the fatigued or weary; but sometimes the patient undergoes a rather ludicrous and probably not very comfortable method of massage, where three or four small children tread his whole body under their little bare feet. The massage of the Sandwich Islanders by them called *lomi-lomi*, is a combination and variation of the original kneading, squeezing and rubbing process.

The earliest definite information as to the benefits of massage is given us by Hippocrates. He says, "rubbing

can bind a joint that is too loose and loosen a joint that is too rigid." Also, "rubbing can bind and loosen; can make flesh and cause parts to waste. Hard rubbing binds; soft rubbing loosens; much rubbing causes parts to waste; moderate rubbing makes them grow." By these aphorisms the principle of massage is explained, and whoever intelligently grasps the meaning will become either a successful rubber or a believing patient. As in all vocations, there are people who possess a special tact in giving massage so that it will produce all the results claimed for it; and also many who are totally unfitted for it by lack of intelligence, tact or proper conformation of the hands. Some have just the soft-cushioned, smooth hands that stroke so gently, and yet are sufficiently muscular to give the most vigorous of the massage movements; but they may fail, by lacking a proper intuitive comprehension of gradation, to either comfortably or successfully *massée* the patient. Massage is a natural alleviator; for who does not, when bruised or suffering, instinctively rub or stroke the affected place to ease the pain, and how frequently with happy results? And yet many individuals will receive but little benefit from it, some a great deal and others none at all. Or the benefits may be of only a temporary character in special cases; but even so, the circulation for the time being is increased, the nervous system quieted, and rest obtained, all of which is a great gain over sluggish circulation, overwrought nerves and habitual insomnia. Massage usually exerts its most genial influence upon the nervous system. It produces a delightful sedative and tonic effect and is as refreshing as a long rest. By massage the secretions of the skin are stimulated; flabby muscles

become firm, the blood is excited to active circulation, the tint of the entire skin becomes brighter and healthier, and often the whole expression of the countenance is changed by the rest induced by massage. A recorded instance of this fact is the well authenticated case of a gentleman of some fifty years of age whose skin was swarthy and moderately covered with marks of time. At the end of a four months' course of massage for some physical affliction, his skin was not only clearer and smoother but his face appeared to have lost the traces of at least a decade of years. The various manipulations cannot here be described, as too much time and space would thus be occupied. They consist, in general, of the movements enumerated at the beginning of the chapter, and the process is carried on all over the body with such degrees of strength and force as can be endured by the patient. It is the *results* of massage to which we wish particularly to devote this chapter and the desire has been, to some extent, anticipated in the historical excerpts given. As applied at the present time by professionals, it will increase or decrease fatty tissue, render the muscles firm and at the same time flexible, restore inactive circulation, limber stiffened joints and reduce swollen ones, soothe an aching frame by its magnetic force, quiet the nervous system and woo the drowsy god who rules our slumbers. This list is not exaggerated, nor are the benefits of massage overestimated.

Aside from its physically remedial effects, it has also been recently adopted as a beautifier, and facial massage is one of the expedients now resorted to by the fashionable woman in her endeavor to circumvent old Time by as far as possible obliterating the footprints he has left

and is daily leaving upon her face. As this book is chiefly intended to point the way to the acquirement of beauty, facial massage will be fully explained, as many of its principles and movements may be self-applied, and the reader may become, to a certain extent, her own facial *masseuse*.

FACIAL MASSAGE.

In changeable climates complexions undergo severe tests which, without restorative or preservative processes, ruin them. Unless the pores of the face are unimpeded in their action, the skin becomes dry and leathery and prematurely wrinkled. Just as the Turkish bath removes waste material from the epidermis of the body and renders active the sweat and oil glands which provide necessary moisture and succor, so does facial massage cleanse, soften, and put into normal condition the skin of the face. The treatment is rational and reasonable, and the beneficial result of even one massage is so apparent that the most skeptical must lay down their weapons of antagonism and admit its merits.

The professional facial *masseuse* has her own unguents, lotions and cleansing preparations which she uses in the process; but given warm water, good soap, a soft Turkish wash-cloth, softer merino drying cloths, plenty of fine cold cream or pure olive or almond oil, a bit of liquid rouge and some fine, soft powder, the amateur may, with a little practice, massage and quite successfully "make up" her own face.

The massage she can, beyond question, accomplish without much difficulty. With a warm suds made with fine soap, gently wash the face all over. Without drying

apply cold cream liberally, and rub it well into the skin. But just here begins the most important part of the work. The rubbing must be properly done, and to be properly done it must follow certain principles. Always rub the cheeks, temples and forehead, upward and backward, except when this instruction conflicts with the following one. To soften the indentations and wrinkles left by Time, rub in exactly the opposite direction from the line of their conformation. For instance: the deep furrows which extend from the nostril to the corner of the mouth must be firmly rubbed with the cushion of the hand by an outward and upward movement; the perpendicular lines showing between the brows must be firmly stroked with the fingers in a horizontal direction; and the horizontal lines crossing the forehead must be rubbed upward and downward. The wrinkles at the temples and under the eyes must be studied and rubbed according to the general instruction above given. Having applied the cream and *masséed* the face as directed, wash it again in warm, soapy water, and proceed with a second massage, the same as the first. After the second washing apply some of the olive or almond oil and rub it well in by the proper *massée* movement, at the same time gently pinching and spitting the cheeks to call the blood into active circulation. Repeat this process two or three times, and then gently remove the oily traces with warm water and a soft cloth, and in drying the face do it with a bit of old merino underwear by a sort of dabbing action—that is, you are not to *rub* it as you ordinarily do with a towel. Then the face is ready for “making up” and is as soft and velvety as that of a child.

In “making up” the face after massage, the profes-

sional *masseuse* proceeds as follows: Having "dabbed" the face dry, she applies a softening lotion (which may be only rose-water and glycerine with or without a few drops of tincture of benzoin in it), and then with a camel's-hair brush and liquid rouge deftly tints the cheeks, lips, nostrils and the tips of the ears. With one to her little "dabbing" cloths she blends and spreads the ruddy tinge until it is but a faint bloom which no one would suspect of being artificial. Then with a soft puff and almost impalpable powder of the tint best suited to the complexion, she dusts the face all over quite thickly. The little "dabbing cloth" again comes into play to remove the loose powder, only a trifle of which is by the process rubbed into the skin, and that so skilfully that it leaves no trace except that it takes from the skin any oily effect that may remain, and makes it as fair and soft as possible. A real artist in this line will so "make up" the face that art appears to be only Nature's choicest gifts. The *masseuse* also combs, and darkens with another soft brush, the eyebrows and lashes, and pencils blue veins upon the temples; and in tinting the face she contrives to remove in effect the blue, languid circles that so often are seen under the eyes—a veritable signal of a deranged and weakened system that needs the attention of the physician.

While the face is undergoing massage fine particles of a soft substance will leave the skin and stick to the fingers. This corresponds to the waste material that is rubbed from the body during the Turkish bath and is simply scarfskin that has become withered and inactive. In this condition its presence is useless, and also an impediment to a clear complexion. The softening process

is brought about by the bathing and inunctions, and the friction produced by the rubbing loosens and brings this skin away, leaving the new cuticle under it fresh and clear. Use rain-water, if possible, or, better yet, distilled water; or if you cannot procure either, use water that has been boiled, as boiling is a cleansing process. Use soap in which there is as little alkali as possible. The cheap varieties are always injurious from the inferiority of their ingredients and the large amount of alkali used in making them. Be sure that your cream and oils are not rancid; then with all the necessary materials of a good quality, and a faithful performance of details according to the instructions just given, there is no lady who cannot materially benefit her complexion if it pleases her to make the endeavor.

CHAPTER X.

POPULAR EXERCISES.

HORSEMANSHIP, ROWING, SWIMMING, CALISTHENICS, ETC.

EXERCISE is quite as necessary to perfect health, a fine physique and a fine complexion as food, air and cleanliness. Without it the system becomes deranged, the flesh flabby, the skin loose and inclined to wrinkle, the muscles lax, the joints stiff, the blood inactive, the complexion in consequence muddy and sallow, and the whole expression lifeless and ambitionless.

EXERCISE FOR INVALIDS.

The real, chronic invalid who cannot enter into active exercise must take it as far as possible, by moving about as much as she can, if able to rise at all. If she is not, she will find herself greatly refreshed by stirring her limbs as often as possible during portions of the day, and at the same time having the sunshine let into her room, the clothing of her bed gently lifted and the pure, fresh air, not too cold, allowed to circulate underneath it. In addition to this, a very celebrated physician gives his patients exercise in the form of electricity, and with very happy results. In a paper upon the subject he says: "In order to exercise the muscles best and with the least amount of pain and annoyance, we make use of an induction current, with interruptions as slow as one in every

two to five seconds, a rate readily obtained in properly constructed batteries. This plan is sure to give painless exercise, but it is less rapid and less complete as to the quality of the exercise caused than the movements evolved by very rapid interruptions. These in the hands of a clever operator who knows his anatomy well, are, therefore, on the whole more satisfactory, but they require some experience to manage them so as not to shock and disgust the patient by inflicting needless pain. The poles, covered with well-wetted sponges, are placed on each muscle in turn and kept four inches apart. They are moved fast enough to allow of the muscles being well contracted, which is easily managed. After the legs are treated, the muscles of the abdomen and back and loins are gone over systematically and finally those of the chest and arms. The face and neck are neglected. About forty minutes to an hour is needed; but at first a less time is employed. The general result is to exercise in turn all the external muscles." Thus it will be seen that an invalid may receive the benefit of exercise without any exertion on his or her own part. Electricity is a restorative in many derangements as well as a means of exercise, and it is within the reach of everybody. Small batteries that may be carried about with one's luggage, occupying a very small space, may be purchased at any place where surgical instruments are sold, or ordered through any druggist. Any person of moderate intelligence can learn to use a battery; and in almost every town or village there is some one who makes the proper giving of electricity a study and profession, and who is willing to instruct any who may wish to use a battery themselves.

Having suggested and described an exercise for the sick, various methods adopted by those able to indulge in active exercise are now in order. They are many, and most of them are agreeable pastimes as well; but there is a bare possibility if the latter were not true, and the methods were simply prescribed by the family physician "for exercise," that the disciples would not be as numerous as at present; for we all know that human nature is prone to a species of unreasonable contrariness when it comes in contract with such medical dictums as conflict with its inclinations. However, with inclinations and opportunities in accord, many a person adopts voluntarily for pleasure just what the physician would advise for benefit.

HORSEMANSHIP.

Horseback riding cannot be too highly commended. It brings into play all the muscles, and it quickens the circulation until the cheeks bloom like the rose, and the eye sparkles brightly. But it should be judiciously indulged in. A long ride will so lame the muscles of a beginner that she will be inclined to let her first ride be her last; but she can gradually so accustom herself to the saddle, that long rides will be productive of none but the most invigorating and refreshing results. In large cities riding schools give pupils a chance to learn and become used to the exercise before trying a ride in the open air. In the country the beginner generally teaches herself, and while she may not attain the style of sitting and guiding her horse that in the city would be pronounced "correct," she is not behind her city sister in the matter of benefit derived. In fact, she may possibly benefit

more, since her riding habit—generally a temporary affair manufactured for the occasion—will in no way interfere with the flexions of her body, or restrict her inhalations of pure, fresh air. A riding habit, properly cut and made, should be, but seldom is, as easy as any other gown. One made at home will possess over the one made by a tailor, the advantage of being flexible enough for perfect comfort, though possibly the fit and finish will not equal those of the tailor-made habit.

ROWING.

Rowing, for those who live or spend a part of their time near the water, is also an exercise tending to bring into an active condition both muscle and blood. Men row in yachting suits or jersey costumes intended for the purpose, and girls and women should apply the same idea to their own clothing for this exercise. There are blouse waists that may be made up attached to or detached from plain or kilted skirts, which permit a free use of the arms, full chest expansion and unimpeded general motion, and at the same time may be as pretty as combinations of the soft, lovely fabrics in use for such costumes can make them. It is scarcely within the province of this volume to suggest colors, combinations and particular styles; but every reader of fashion matter will find all the information upon these points needed to enable her to prepare suitable and charming rowing costumes.

Parlor rowing is a form of exercise considerably practiced. Machines representing boats with oars, which are furnished with resistance by spiral-spring or heavy rubber band attachments, are the mediums through which the

operator secures the same exercise, minus the fresh or salt breezes, that he indulged in during his outing on the beach.

DUMB-BELLS AND INDIAN CLUBS.

Dumb-bells and Indian clubs are used especially for developing the muscles of the arms and the breadth and depth of the chest and shoulders, though the active motion of the arms and body increases the entire circulation and thus refreshes the nether limbs as well, and develops their muscles almost as much as though the exercise were running instead of standing. This exercise is more generally favored by men, but our girls and women are coming to appreciate its benefits as a developer, and are gradually taking it up more and more. As in all other exercises, the dress worn must be such as to in no way restrict the movements. The one adopted by pupils at gymnasiums—a loose, blouse-like waist with a short skirt—is suitable and convenient for club swinging, as well as for many other forms of exercise.

GYMNASTICS.

The gymnasium is now largely patronized by women, who learn to perform on the trapeze and bars and how to vault and tumble the same as their fathers, husbands and brothers do. The results are most praiseworthy, since the lassies who have taken up this form of exercise are living pictures of perfect health. Some of the puny ones after a time are scarcely recognizable, their physical development is so marked, and their complexions are so much brightened.

If aspirants to gymnastic exercise are so situated as

not to be able to join a gymnasium, an ingenious husband, parent or brother can soon make a trapeze with a few feet of rope and a strong bar, smooth and round and large enough to be securely clasped by the hand. Want of space need be no excuse, for a trapeze-bar that has been productive of an astonishing gain in health and strength, was made by inserting a bar like the one described between the casings of a doorway leading from one room into another. It was located high enough so that the young girl could just comfortably reach it. First she learned to support her weight by her arms and swing back and forth, suspended by her hands from the bar. Then she began to lift herself by her arms, and was soon able to raise herself in that way, high enough to place her chin over the bar. The muscles of her arms enlarged, her chest expanded, her lassitude disappeared, and she became quite vigorous and ruddy, as compared with her former condition; and all through these few simple exercises on a home-made gymnasium bar. The swinging trapeze may be located in the attic or, if in the country, in a clean portion of the barn or stable, or swung from a cross bar placed between two upright posts out on the soft turf beneath some shady tree. Desire will find the location somewhere, and ingenuity will surely provide the means to this praiseworthy undertaking and end.

FENCING.

Fencing has become, within a few years, a very popular amusement with ladies, especially those coming under the classification of professionals. Actresses who study every mode of becoming lithe, graceful, muscular, agile, have discovered in fencing a means of acquiring all

the essential qualities named, and quite monopolize the exercise, though many society ladies, for the very same reasons, also learn to fence. But owing to its nature it is an exercise that must be learned under professional instruction.

SKATING.

Skating, a most fascinating pastime, is also a recommendable exercise if not indulged in to excess. The old-fashioned ice-skating is far preferable to roller skating upon one account, if no other. The ice-skater is out in the clear, fresh air, the purity of which searches the depths of his lungs and sets his blood to tingling most delightfully. Every inhalation invigorates him, and the natural weariness that follows comes largely from the fact that the lungs have been compelled into greater activity than occurs in the poisonous air of crowded, dusty rooms such as that in rinks devoted to roller skating. This pure, air weariness is the foundation of later benefit, and the fatigue of limb disappears, leaving no lassitude of the system afterward. But the weariness of in-door skating clings longer to the skater, because he has also tortured his lungs and throat by breathing poisonous, dusty air. Skating is an exercise requiring considerable judgment; for when overheated, the unthinking sit down to rest where cold or cool air strikes them, and the result is a cold which often terminates fatally. In all exercises the same precaution should be followed: Do not, when overheated or perspiring, sit down or stand in draughts, or where a cold breeze will strike you, but move slowly about and cool off correspondingly; nor under the same conditions plunge into the water in the open air for a

swim. There are few of us who do not know from experience of the distressing, disfiguring effects of a sudden cold—which, by-the-bye, has generally resulted from our own wilful imprudences.

SWIMMING.

Swimming is not only a pleasurable pastime and method of exercise, but an accomplishment which it is also profitable to possess. It is hardly necessary to say that the dangers of sea bathing, rowing and voyages by water are thereby lessened, for the fact is naturally and easily comprehended. Boys learn to swim among themselves, and a ruddier, happier set of children cannot be found than those who spend much of their leisure splashing around in the water at play with their companions, or swimming about with the ease of the natural inhabitants of the invaded domain. Girls are more timid, and seldom learn to swim unaided. They are, therefore, not as active when untaught, and do not derive as much benefit from the cleanly pleasure as their brothers. But in the natoriums established for teaching the art of swimming, their bravery is on a par with that of their brothers, and it is indeed a pretty sight to see rosy-cheeked girls and women plunging, diving and swimming about like so many ruddy mermaids. Swimming develops the muscles to a reasonable extent, but its greatest benefit lies in its powers of increasing the circulation through reactionary causes. A swimmer must not remain in the water long enough to become chilled, and on emerging he must move about quickly and dress speedily. Then the exercise will add to his vigor and freshness.

DANCING.

Dancing, aside from prejudicial objections, is an excellent pastime for both sexes, since it is an exercise which, like sea bathing, encompasses a merry heart as well as merry limbs. Who ever saw a dancer whose face was not smiling or, at least, happy and beaming? And who has not seen stern countenances brighten under the enlivening notes of the orchestra, until one is fain to acknowledge that even in society, there are savage breasts soothed into serenity by the sweet strains of Terpsichorean measures, and stolid limbs that become lithe and active under the same inspiriting stimulus? And does not this response to the tripping music call muscles into play and bring the blood into active circulation just the same as any other exercise? From a hygienic point of view there can be no objection to moderate dancing. On the contrary, it is to be commended, as it arouses a healthy action of the system and mind and, for the time being, permits a thorough enjoyment of this existence of ours, which at its best is but a stern struggle for maintenance and longevity.

RUNNING.

Running, another exercise full of life and action, is very well for boys and men, and also for children of both sexes; but young girls who have entered womanhood should not indulge in this form of exercise for various reasons. In the first place it is not consistent with the character and functions of true womanhood; and owing to her attire no woman can run gracefully. Besides, were a girl to keep up the hoyden pastimes of her childish

days, her brother playmates could scarcely class her with their sex, nor yet would they invest her with that charm of womanliness which arouses the chivalry of the masculine nature and compels reverence and respect.

TENNIS.

Some consider tennis playing too masculine for women, but the fair sex evidently do not mean to be frowned out of indulging in the pastime. Most young ladies who play tennis are browned and ruddy, supple and vigorous. Moderation in the game produces good effects; but an observing player of the stronger sex has discovered that excessive playing rapidly develops the hand and arm which wield the racquet, so that their increase in size over the corresponding members of the other side of the body is perfectly noticeable. If a girl is ambidextrous, then she can keep the development of both sides equal; but if she is not, it would be well for her to heed the little warning just given for fear she may become lop-sided—and the word sounds as horrible as the affliction appears.

CALISTHENICS.

Such exercises as may be performed by movements of the body and limbs, unassisted by bars and ropes, are among the most popular of the simple methods of gymnastics for the development of the figure and an acceleration of the circulation. The movements are various and are taught very generally in public and private schools, where the "calisthenic exercises" are the delight of the children. Young ladies and older women are now taking advantage of all the movements which tend to throw

the shoulder blades *in* and the chest *out*; that will flatten the back, lessen the circumference of the waist without compression, expand the lungs and enlarge the throat. Other exercises develop the lower limbs and the general muscles of the body, and the total result is one calculated to create admiration and largely increase the number of beautifully formed women whom Nature has spared any self-effort to become so.

CYCLING.

Of late tricycling and bicycling have been "taken up" by women individually and also in clubs intended solely for this style of exercise. The cycles are fashioned so as to securely and gracefully seat the rider, who as far as possible adapts her dress to the requirements of the pastime. The muscular action necessary to propel and guide the cycle is of a healthful, invigorating character, and it is productive of great improvement in impaired circulation. Speeding along, "up hill and down dale," the rider feels an exhilaration of spirits that sends her on still more swiftly, and behind her she leaves all lassitude, *ennui* and melancholy, becoming practically a new woman whose aspirations are noble, whose ambition is dauntless. Cycles for "carrying double" are used by husband and wife or brother and sister for "outings" or little journeys about the country during the summer season, and many a pleasant, healthful hour falls to the lot of the voyagers. Their Pegasus needs but slight attention and bears them quickly and patiently along highways and byways where there are shady trees and babbling brooks, while the bronze left by the breezes mingles upon their cheeks, with the ruddy tinge of active blood

shining through a skin under which every little duct and pore is performing its natural function. Muscles become firm, chests expand, and inspirations of clear, fresh air penetrate to the very depths of lungs that in the crowded, dusty cities and towns do only half-way work, thus leaving the system unrefreshed. A trim figure, neatly clad and bowling along on her wheeled steed is a pretty sight, and all who see her know that she is or will be a vigorous specimen of young womanhood, and that exercise to her is what the sun and air and light are to the flower—a necessity of her happy, healthful existence.

All the forms of exercise mentioned are popular, and now that femininity has awakened to the benefits of hygiene, be it in the form of exercise, diet or sleep it is probable that the custom of exercising will become as general as it was in ancient times, and coming mothers will give us a generation of sons and daughters whose strength and beauty shall be as that of the morning.

The exercise in which all, rich or poor, may indulge—walking—is an important one. It has been touched upon in a previous chapter and will be again taken up in a succeeding one.

A few general rules must be observed in taking exercise of every description.

First.—The best place for all kinds of exercise is in the open air, unless one is taking a regular course which must not be interrupted. Then a gymnasium, well ventilated and kept at an equable temperature, is the proper place.

Second.—Early in the morning is the very best time, though early in the evening is also a good portion of the day for exercise. Exercise indulged in late in the evening should be moderate, and at no time should it be taken just

before or after a meal; some writers say "not within two hours of meal-time," and it is reasonable to suppose, that, the same as in baths, the stomach should be almost if not quite empty when exercise of most kinds is begun.

Third.—Exercise should not be prolonged sufficiently to induce excessive fatigue, nor should abrupt transitions from one kind of active exercise to another occur. Moderation in beginning and continuing exercise results in the greatest benefits, and any exercise should be proportioned to the strength, age and sex of the pupil.

Fourth.—A style of dress which will in no way impede the movements of the limbs or restrict those of the body must be adopted. Wool is the best fabric for the purpose, for, being a non-conductor of heat, it will absorb a greater amount of perspiration without chilling the body than any other material known; and a person wearing wool next his or her body, takes cold far less easily than one who does not wear it.

Fifth.—After exercise which has caused the temperature to rise and produce a profuse perspiration, do not be imprudent enough to sit or lie down immediately, and especially in a current of air, but keep in motion, slowly walking about until the temperature is lowered and the body is cooler. Also avoid drinking copious draughts of cold water, or any cold liquid in quantities. Do not go into the water to bathe when overheated or fatigued.

Sixth.—So alternate your exercises that they will act in a corresponding manner on the different sets of muscles, keeping in view the fact that the weaker ones should receive the greater share of attention. Delicate people, or those with any deformity of the limbs or body, should seek the advice of a competent physician or a skilled

teacher in gymnastics, before attempting any except the simpler forms of exercise.

Seventh.—All exercises should be systematic, regular, agreeable and firmly persevered in, but not to the exclusion of mental and other training which will add intelligence to physical perfection.

It is too apt to be the case with young men that they are extremists, either pursuing athletic sports to the exclusion of mental training, or the reverse, which is quite as bad, poring over their books until the mental dominates the physical. The first become giants in physique and pigmies in intellect, the second are dwarfed in physical development, but can move the world with the result of their mental application. Both are fine specimens of human progress, but neither is properly balanced. The two combined would result in a glorious species, such as humanity at large would reverentially admire. There are a few of the species in the world. There could be more, and there should be. To a certain extent, the same is true of women, though necessarily, from their physical structure and their more retiring connection with the world in general, they cannot develop physically as do men, without losing their femininity; and neither men nor women truly admire Amazons. Intellectually, women are, as far as their weaker physiques will permit the proportion, the equals of men; but the duties of womanhood, and (must the suspicion be confessed?) a possible sense of forcible monopoly of mental status by the stronger sex, prevents, generally, as broad a mental development as is acquired by men. As in all rules, there are exceptions to this one, and women have lived, and will live again, who have compelled acknowledged equality in grandeur of intellect.

The modern Hercules may find a feminine peer, but, though we wish our girls to be bright, agile, fearless, strong and vigorous, we hope he will not; for such a woman, in the eyes of all the world, is without sex—an object of doubtful admiration to all mankind, a source of perpetual mortification to all womankind.

CHAPTER XI.

COLDS.

IT needs no words to convince any one who has suffered from a severe cold of its disagreeable sensations and temporary disfigurements. No one courts a cold, yet many by various imprudences really invite it. Others, in taking every precaution to avoid colds, become super-sensitive and contract them more easily than the moderately prudent. The latter are generally people whose judgment protects them from injudiciously exposing themselves to the ordinary causes which produce colds. But a cold sometimes comes to every one, from no one knows where, and its first stages render its victim miserable, peevish and almost hideous. Between sneezing, struggling to breathe through the nostrils, trying to see through watery eyes, keeping the handkerchief in constant use, to the development of still more inflamed eyes and a ruddier nose, and then the subsequent appearance of those annoying blisters upon the lips, the patient pays a heavy penalty for a probable imprudence. In the latter case pity dwells not in the hearts of the witnesses of all this misery, and its absence is but just.

Prominent among general causes of this derangement of the system is the imprudence of sitting, lying or standing in a draught or cool breeze to rest when overheated by exercise, work or play. The perspiration is thus suddenly checked, and the surface of the body cools too

quickly, causing a congestion more or less dangerous, and extending, variously, from the membranous parts to the vital organs.

The medical fraternity say that when the stomach is in good condition a cold is unknown, but there are exceptions to all rules. It is well, however, to heed the instruction conveyed in the aphorism and, as far as possible, by paying a proper respect to its digestive capabilities, keep the stomach in good condition. This effort may be assisted by taking plenty of exercise; frequent baths in warm, tepid or cold water, always finishing with a cold spray or plunge; properly clothing the person according to the season with gauze, merino or silk undergarments *worn next the skin*; and keeping the extremities warm and the feet dry—especially the latter.

Sleeping in cold, damp or chilly rooms, or very warm ones in which there is no ventilation, is a frequent source of colds. The first should be thoroughly aired and warmed, as should the bed-clothing; and the second should have, upon retiring, the upper sash of one of its windows lowered and the lower one raised, each an inch. This will allow the foul air, which always ascends to the top of the room, to escape, and permit the entrance of pure air at the bottom of the window. Pure air is as necessary in a sleeping apartment as food is to the body, and a person accustomed to sleeping with the ventilation arranged as suggested will rarely take cold. Close, vitiated air will poison the blood and give rise to numerous annoying and often fatal diseases. One spends a goodly proportion of her time in her sleeping apartment, and when we realize that “a grown person corrupts *one gallon of pure air every minute* or twenty-five

barrels full in a single night," the necessity for ventilation is more than apparent. If there is no ventilation, the lungs breathe over and over this poisoned air, and the whole system becomes charged with it and susceptible to various diseases, especially colds.

Another point connected with proper hygienic principles is the matter of clothing for the night. Nothing worn through the day should be worn at night. There should be a set of flannels for day wear and a fresh, dry set for night use, except during warm weather, when the night flannels may be omitted by healthy people. People who travel a great deal and are compelled to occupy "spare chambers" and other damp, cold rooms, should have all of their night-wear of flannel, and made long enough to come well over the feet when in bed; otherwise a cold is almost inevitable.

A cold is often brought on by eating a hearty dinner at night, becoming mentally absorbed for a couple of hours afterward, and then retiring in a warm, unventilated room. One's food is not properly digested, the temperature is raised by the exertions of the stomach, the slumber is fitful and restless, the warm air of the room cools, and the person wakes in the morning chilled, and with a cold that makes her irritable, and, possibly, downright sick. Had she eaten lightly, laid aside her cares afterward, to give her mind a needed rest, taken a brisk walk and attended to the proper ventilation of her room, she would have wakened fresh and cheery and without a cold. But the ventilation must be so arranged that no draughts will occur.

Many people who sleep in rooms warmed by grates, heaters or radiators, find on waking in the morning that

they have a slight cold. This can be accounted for and prevented, though it will be at the expense of adopting a very old-fashioned custom. Upon retiring, the room will be warm. Toward morning the temperature falls until the air is quite cool. The body is protected from the change by the bed-clothing, but the head is not, and a slight congestion is occasioned. The remedy is sure to make some of our readers smile, for it is nothing more nor less than the wearing of a nightcap. Or if this not very pretty addition to the night toilet is frowned upon, supply its place with a tiny square or triangle of knitted Shetland or ice wool, tying it over the ears; and if the throat is at all delicate, a scarf of the same fleecy wool, long enough to cover the head and wrap the throat, is recommended. For those of the opposite sex who also suffer from colds taken in this way, a knitted skull-cap of wool, or an ordinary silk traveling-cap is suggested as a convenient and certain preventive.

The list of occasions on which a person is liable to take cold is long; but if the general precautions of keeping out of draughts and never, under any circumstances, allowing the body to cool off quickly when overheated, are observed, then there will be no need of adopting heroic measures to overcome the results of imprudence. The originator of the aphorism, "An ounce of prevention is worth a pound of cure," certainly had colds in mind when he voiced such wisdom. It is surely much easier to keep out of a draught, or lay aside a heavy wrap or overcoat in a warm room, or put on a pair of rubbers when the weather is inclement, or call judgment to the rescue when danger is imminent, than to bear the tortures inflicted by a disregard of common sense and submit to the measures

that must be taken to master the consequences of such folly. This little preach is intended principally for young people, and generally for everybody who has not, even after experience, acquired the protecting influence of the latter. Young girls, from a silly idea, ostensibly that all the world is looking at them and criticising the clumsy appearance they fancy they make when properly clad for a stormy day, frequently refuse to protect themselves as they should. "Oh, I do not need overshoes. My boots have thick soles." This may be true, my dear young friend, but while the sole of your boot may be thick, the upper portion of it seldom is, and on this thin leather the rain beats and soaks in; between it and the sole the slush of melting snow will creep through, and, despite the thick soles, you arrive at your destination with wet feet, a splendid foundation for a cold which will keep you in the house and possibly in bed for days. Besides, your boots will never again look nice, though after a time, when the cold is cured, *you* may again look like yourself. No maiden has ever confessed exactly the reason of her obstinacy regarding the wearing of overshoes when they are absolutely needed, but an inference dwells within all reasoning minds; and just here let the writer, who *knows*, say that it is a source of much wonderment and general condemnation on the part of the masculine portion of the world, as to "why a woman *will* be so silly as to go out in stormy weather with her little thin shoes and no overshoes!" Shouldn't this hint show plainly enough that the sacrifice made by women of both health and shoes is totally unrewarded by any admiration from the expected source? Put on your overshoes, girls and women, and so keep your pretty boots and faces for fair weather and

home admiration. Do not ruin the one permanently and disfigure the other temporarily by taking them out into the storm, the one unprotected and failing utterly, from a common-sense point of view, to accomplish the ambition of the wearer, and the other, the pretty face, calling forth unpleasant remarks as to the probable lack of sense behind it, judging from the imprudence its owner is committing. Women are beginning to wear rainy-day boots of fine calf-skin made with heavy soles. When the custom becomes universal, she who reads this book may omit all of the above little scolding, as it, as well as the overshoes, will not then be needed. But until this revolution is complete, the writer, or some one, must insist on having the feet of young girls and women kept dry and warmly clad—that is, if the objects of all this solicitude wish to avoid colds and all their attendant miseries and disfigurements. Even dampness of the feet, though possibly not felt, will check perspiration and cause a cold; and it cannot be too strongly urged upon every one to be particularly careful to keep these extremities warm and perfectly free from the dampness acquired by contact with wet streets, since more “slight colds” arise from this source than any other.

And now, to punish the deliberately imprudent and minister to those who contract colds through no wilful imprudence, suggestions for overcoming the affliction are offered. By the wilful invalid a party or two may have to be given up, visitors sent away, disagreeable processes encountered, and pretty shoes that are ruined thought of. But, while she is thus a temporary prisoner, perhaps she will think over the cause, connect it with her suffering and the deprivations of the cure, and resolve

"never to be so foolish again." If she stands by her resolution afterward, why then the lesson will meet with its reward and the writer's present vocation be gone.

When from imprudence or accident a severe cold is imminent, remove all damp clothing as quickly as possible, soak the feet for about ten minutes in hot mustard-water after the method described in the second chapter on baths, apply a mustard plaster between the shoulders, get into bed or upon the lounge, cover up warmly, and thus induce a generous flow of perspiration. The latter may be aided by drinking a cup or two of hot herb-tea, such as boneset, chamomile, smartweed or sweet fern, or a hot lemonade. Keep well covered till the perspiration subsides, and on getting up be careful to avoid draughts and the chills they produce. This is an old-fashioned remedy, but it is a reliable one. It sometimes fails, and then its disciples give the patient a laxative—generally castor oil—and plenty more of herb-tea or other hot drink.

The more modern treatment, where one feels as if a severe cold had been contracted but not seated, is to take from five to ten grains of quinine and a hot lemonade on retiring, covering up warmly and perspiring as freely as possible. On arising, take another five grains of quinine, and a similar dose half an hour before meals and again on retiring. Generally thirty grains of quinine taken in this way will break up the severest cold, if the latter is not neglected too long before the treatment is begun. A still newer remedy which produces none of the disagreeable sensations complained of as resulting from quinine, is anti-pyrine, which any druggist will sell you in proper quantities for the indisposition you are suffering from.

Another old-fashioned remedy, and a good one, by the way, for curing a cold, is to get into bed and remain there for twenty-four hours, eating as little as possible and drinking absolutely *nothing*, not even water. Still another, of close kin to the first one given, directs putting the feet in hot mustard-water and a poultice of oatmeal or bran on the chest, and taking ten grains of Dover's powder and, after an hour, a pint of hot gruel. In the morning rub every part of the body briskly with a rough towel and take a dose of laxative medicine half an hour before eating.

Sometimes, in addition to the mustard plasters or hot poultices used on the body, draughts for the feet are also applied, especially when serious congestion is threatened. These draughts may be made from the soft parts of the leaves of the horse-radish, burdock, cabbage or mullen, by placing them for a moment or so on a hot shovel or stove-lid to heat and soften them, and then folding and binding them to the hollows of the feet by strips of cloth.

Garlics pounded and placed on a hot dish for a few seconds to sweat them, or onions roasted in hot ashes, may also be applied similarly.

Just here a word may not come amiss regarding croup, that terror of the household wherein dwell little children. It is said that it may be relieved in one minute by the following remedy: With a knife or a grater, shave off in as small particles as possible about a teaspoonful of alum, and mix it with twice the amount of sugar. Give it to the child as quickly as possible. It may be necessary to moisten it a little, but not ordinarily.

Turpentine is also highly recommended for croup. It

should be given inwardly and applied outwardly. Three or four drops on a lump of sugar is the internal dose ; and for the outward application, saturate a piece of flannel and lay it about the throat and over the chest. These are remedies within easy reach of all. A physician will give the usual medical croup remedies, and generally from broad experience in this ailment he is best fitted to say what shall be given, after the simple remedies have failed.

Returning to the general results of colds a remedy or two for hoarseness will no doubt be appreciated, since the affliction is painful to both speaker and listener.

Borax sometimes proves an effective temporary remedy, and for an hour or so will clear the voice of a singer or public speaker. About ten or fifteen minutes before using the voice, hold or slowly dissolve (and swallow a little) three or four grains of the borax in the mouth. This will act strongly on the salivary glands and thus thoroughly moisten the mouth and throat and relieve the trouble. Hoarseness may also be quickly relieved by sprinkling with turpentine a flannel that has been wrung out of boiling water, and laying it, as hot as it can be borne, upon the chest.

A pleasant remedy, often effectual, is made as follows : Whip the white of an egg to a froth, add the juice of one lemon, sweeten to taste and take a tea-spoonful every now and then. The egg provides a slight coating for the inflamed membrane, the acid of the lemon cuts the phlegm, and the sugar soothes and heals the irritation. Or, bake a lemon or a sour orange in a moderately hot oven for twenty minutes, open and scrape out the inside, and sweeten it with molasses or sugar. Or, a lump of sugar may be inserted in a fresh lemon, from which the

juice may then be drawn from time to time to cool a parched throat and relieve hoarseness.

A very old-fashioned remedy for a cold, called most absurdly by many people "stewed quaker," has lost none of its virtues from having been handed down from generation to generation. It is really a molasses posset and is made as follows: Mix a pint of the best West India molasses, a-quarter of a pound of fresh butter and a tea-spoonful of powdered white sugar. Simmer gently in a sauce-pan for half an hour, stirring it often, but do not let it boil. Then add the juice of two lemons or two table-spoonfuls of vinegar, stir again and let it stand, covered, by the fire for five minutes. Take some of the mixture warm, and use the rest from time to time.

A simple cough syrup consists of half a pint of cold trained-honey mixed with the juice of a lemon and as table-spoonful of sweet oil. The dose is a tea-spoonful or two, taken whenever the cough is troublesome.

A good cough mixture, which any druggist will put up for you, is made as follows:

Syrup of squills,	4 ounces.
Syrup of tolu,	4 ounces.
Tincture of bloodroot,	1½ ounces.
Camphorated tincture of opium,	4 ounces.

Dose: One tea-spoonful repeated every two to four hours, or as often as seems necessary.

An easy and quick way of making a mustard plaster which will draw sufficiently and yet not blister, is as follows: Wring a handkerchief or piece of fine, soft or old linen or muslin, out of hot water (cold may be used if there is a fire by which to warm the plaster when made),

so that it will not drip and yet will not be dry. Then sprinkle dry mustard liberally over the surface, smoothing and patting it down into the moisture, thus forming a sort of thick paste. Fold the edges over so that none of the mustard will scatter, and also, if necessary, add another piece of muslin over the uncovered center of the plaster. Apply as in the ordinary way. A plaster made as above has on many an occasion, when other methods have been impossible, been the writer's true friend in a great hour of need.

When the eyes and nose become red and inflamed, bathe the former in hot water during the day. At night, on retiring, take some absorbent cotton or an old linen or cambric handkerchief, saturate it in cold water and press it down over the eyes and nose. If you are wakeful the process may be repeated two or three times before you sleep, or between naps.

Or, if the nostrils, owing to the thickening of the membrane from the cold are so stopped up that breathing is difficult, rub vaseline, plain or camphorated, across the bridge of the nose where it connects with the forehead. Rub vigorously and long, and if possible snuff some of the vaseline into the nostrils. No better unguent for such use has ever been discovered than the famous and antique remedy—*goose grease*, and fortunate are the sufferers who are enabled to take advantage of its healing and emollient properties.

When the little blisters commonly called "cold sores" give warning of their approach, touch the fevered spot frequently with spirits of camphor or powdered alum. Sometimes they can thus be warded off, or at least prevented from complete development. When, however,

they come in a night, like a crop of mushrooms, the only thing to be done is to bathe them with some soothing, cooling lotion until they no longer burn, and then anoint them with cold cream or vaseline, either plain or medicated, to heal them quickly and prevent them from cracking open and bleeding.

A preparation to be used at the very outset, to prevent the development of the threatened blisters is composed as follows :

Carbolic acid,	10 drops.
Glycerine,	1 tea-spoonful.
Ottar of roses,	2 drops.

Cautiously touch the little spots with this mixture, using the tip of the finger or a fine camel's-hair brush. Should the blisters persist in forming, moisten them with a solution composed of

Permanganate of potash,	1 grain.
Rose-water,	1 table-spoonful.

Do not wipe off the mixture but dust with fine starch, or better still, French chalk. Under this treatment the sores heal more quickly and the red mark they generally leave does not remain as long. It is said also that a little ball of saltpeter, obtainable at the druggists, will if rubbed on the spots as soon as they appear, check their further development. Another suggestion full of wisdom is to "let them alone as often the added irritation created by the attempt to prevent or retard their development results in a serious sore."

It has taken time and space to tell how to prevent and

how to cure a cold, but the task of putting into practice the details for the cure will take a much longer and more disagreeable time. Therefore, dear readers, take the "ounce of prevention" and do not consign yourselves to temporary seclusion and unpleasant remedies, by omitting the "ounce" and being compelled to take the "pound of cure." Remember, you wish to be beautiful, but you cannot if you persist in disfiguring yourselves with colds.

CHAPTER XII.

THE HUMAN FORM DIVINE AND ITS DEVELOPMENT.

UPON this point doctors and dressmakers disagree. Nor is this difference of opinion confined to these two classes; for in all grades of life are found the wise and the foolish, the critic and the admirer, the philosopher and he who takes little heed of aught except that which pleases the eye. In the face of science, natural anatomical structure and its requirements, and the laws of health, which resent all infringements, Fashion, that dictatorial and whimsical sprite which had its birth when the gates of Paradise closed upon Eve, rules the universe, regardless of natural necessities and indifferent to consequences, except to build upon them interesting invalidisms. The very slender waist that rests between broad hips and shoulders seems to be a desideratum of every woman's heart, and her ambition is ably seconded by the modiste, who recognizes that on such a shape she can best advertise her calling and therefore helps crowd and lap the ribs of her customer, thus forcing internal organs out of their natural places. Though apparently antagonistic on the subject of anatomy, the dressmaker who squeezes her customers is the best friend of the doctor.

The natural figure does not assume the curves of the hour glass. It might have been shaped that way had its functions permitted. The perfection of the human form is expressed in the outlines of the Venus de Medici

or the Venus de Milo. For ages these magnificent models of the highest type of physical perfection in woman have been admired—almost worshipped. The proportions, though grand, do not appear massive, so perfectly are they adapted, but they fascinate by graceful and sinuous curves. The curve extending from the arm-pit to the hip is but slight, and no doubt the fashionable woman would pronounce a figure so shaped as “thick and clumsy”; and even if she admired it, she would never let out her stays to obtain the same grand, healthy lines.

Man does not distort his natural shape by artificial means, and yet he often falls far short of the model he might be, were he to walk with head erect, shoulders thrown back and chest out. He drops into a shambling sort of gait, which soon fixes as a habit any tendency of his figure to a listless pose, or a curving into careless lines. A woman by her clothing is partly braced into an upright attitude, but frequently girls, little and big, droop over their corsets in a most depressing way and soon become flat chested and round shouldered. Then begins, generally too late, the reformation sought by wearing shoulder-braces. The latter are by no means to be decried, but mothers should see to it that no necessity for their adoption arises. The child may have to be, at first, constantly reminded to “straighten up,” but sooner or later the habit of staying in an upright, proper position, will become fixed, and the young girl or boy, as the case may be, will begin the second period of life with a broad chest, flat back, and a fine personal carriage.

The suggestions found in the chapter upon exercises should be heeded, and as much action as possible of a benefiting character incorporated into the daily life of

the lad or lassie whom you wish to grow up in physical perfection. Dress the child in easy garments which will not be conspicuous enough in that respect to cause the mortification arising from ridicule, for then you will defeat your own object. A child or young person is usually very sensitive to criticism, even when the latter is not quite understood; and the ridicule of playmates or companions, has interfered with the success of many a worthy project whose plans affected the personal appearance of the unfortunate little subjects.

Acquired symmetry in the circumference of the waist, as fashionably accepted, is the one point in the development of the figure which encounters adverse but by no means universal criticism. Had not its deep curves many admirers, it would long since have become a folly of the past instead of an increasing one of the present. Among women, admiration for a small waist leads to rivalry—and ill health.

The admiration of men for small waists is of a doubtful quality and is as often sarcasm and ridicule, sugar-coated with flattery, as anything else. When women realize this fact more forcibly—and many of them are beginning to—we shall see more *Venus de Medici* and *Venus de Milo* waists and fewer pale and red faces.

Some interesting statistics are given by the *Philadelphia Record* regarding symmetrical proportions in both sexes; and that our readers may learn for themselves how nearly they approach the standard of perfection in form, we quote the article mentioned. It says:

“The best test for symmetry is simply turning a man with his face to the wall. If he be perfectly molded and symmetrically made, his chest will just touch the wall,

his nose will be four inches away, his thighs five inches and the ends of his toes three inches. The development of a man's physical qualities is a most important matter, and is one that is overlooked the world over, and seldom is it that you will find a man who can stand the test. The majority of children are perfectly formed at birth, but the development of their physical qualities is quite another thing. Stature and weight, as you can understand, are comparative, but development of muscle, carriage, and symmetry is based on a standard. You may find a six-footer who tips the scales at the proper figure, but he may be a perfect scarecrow as far as symmetrical proportions go. The average weight of a boy at birth is seven and that of a girl a little more than six pounds. When they have attained the full development of man or womanhood they should weigh twenty times as much as they did at birth. This would make a man's average weight 140 and a woman's about 125. The height of a male at birth is 1 foot 8 inches and that of a female 1 foot 6 inches.

“Fully grown, a man's height should be about three and a-half times greater than at birth, or 5 feet 9 inches, while a woman should be 5 feet 3 inches. The weight of individuals who are fully developed and well formed, however, varies within extremes, which are nearly as 1 to 2, while their height varies within limits which at most are as 1 to $\frac{1}{3}$. Taking 200 pounds as the maximum of man's weight and 85 as the minimum, we would have the average of $142\frac{1}{2}$ pounds. Placing the maximum weight of woman at 185 pounds and the minimum at 70 pounds, we get an average of $127\frac{1}{2}$ pounds. In woman, a height in proportion to weight; a form that will stand

the test for symmetry ; a carriage that is free, distinct, and noticeable for that which is not rather than that which is. The greatest and first essential to physical perfection in a woman is a figure without an angular line. Nature avoids angular lines everywhere, but in the human figure especially. As I have said, stature and weight are comparative ; still, a mean height and weight have to be chosen. A perfectly formed woman will stand at the average height of 5 feet 5 inches to 5 feet 7 inches. She will weigh from 125 to 140 pounds. A plumb line dropped from a point marked by the tip of her nose will meet at a point one inch in front of her great toe. Her shoulders and her hips will strike a straight line drawn up and down. Her waist will taper gradually to a size on a line drawn from the outer third of the collar bones to the hips. Her bust will measure from 28 to 36 inches, her hips will measure from 6 to 10 inches more than this, and her waist will call for a belt from 22 to 28 inches. The arms of the perfectly formed woman will end at the waist line, so that she can rest her elbow on a table while standing erect, and her forearm shall extend to a point permitting the fingers to mark a point just below the middle of the thigh. Her neck and thigh should be of about*the same circumference. The calf of her leg and arm should measure about the same. Her legs should be about as long as a line drawn from her chin to her finger tips, or about one-half her height, say from 2 feet 7½ inches to 2 feet 6½ inches. She should measure from her waist to her feet about a foot more than from her waist to the crown of her head. Her neck should be from 12 to 14 inches around, her head erect and on a line with the central plane of her body, and her feet

should be of a size and shape to conform with her hands. Although sizes in footwear and gloves vary somewhat, I have noticed that a well-proportioned woman wears a shoe one-half the size of the glove that her hands call for; thus, if a lady wears with comfort a number six glove, she should wear a three shoe."

The present writer questions the general application of the latter rule, as upon inquiry at several large establishments she learned that the average sizes called for in shoes were mostly three and one-half and four, regardless of the size of the gloves worn. It may be, however, that in the present desire for a long and slender foot women buy shoes longer than they used to; and if such be the case, as an inspection upon the street seems to indicate, then there is one very important step gained in the development of the human form divine; for there is nothing so incongruous and inartistic as a short, broad, club-like foot—generally cramped into such outlines by too short a shoe—peeping out from under the skirts of a tall and otherwise well developed woman. She who has a short, broad foot should be commended for aspiring to a slender symmetry by encasing it in a long shoe; but she who has a long foot and endeavors to crowd it into a short boot, only entails misery upon herself and thrusts disfigurement in the eyes of those who see and reason, and she is not entitled to sympathy for the one nor relief for the other. Between an injudicious use of bones and stays and a deliberate clinging to short shoes, the human form divine is not likely to be developed to full perfection, until that sprite who governs womankind bids the sex discard both and dress rationally.

It must not be inferred that it is desired you should

absolve yourselves entirely from these trammels. Not at all. Just be reasonable in their selection and wearing, and in that way afford Nature a little chance to shape the framework she has given you ; for, built upon her plans, it is not subject to very material alterations at the hands of mankind.

For the many little defects in the development of the person, which become more and more noticeable as time wears on, the mother or nurse of a child is often responsible. In its earliest infancy, perhaps it is laid upon its pillow always upon one side, with the result of lop-sidedness. An infant should be laid upon both sides alternately, or, better still, upon its back. In the latter position there is no danger that its tiny ears will be doubled over or bent forward in unnatural and ugly curves which soon become fixed in the tender cartilage, so that, by and by, as the child grows older, these appendages will stand out from the side of the head like sails upon a ship. See that the little pink ears sit flatly to the head when the babe is laid upon its pillow or is bonneted for its outing. Too many of these little hearing machines are twisted out of shape and tied down by the sides and strings of caps. Angry mothers also frequently spoil their shape by administering that old-fashioned and barbarous punishment—pulling the ears of their disobedient children ; and on these occasions the child is far less culpable, no matter what its offense, than the mother who inflicts a punishment which will leave disfiguring traces to mortify her child in after years. And just here it may be well to interpolate a modicum of advice regarding a kindred punishment—that of boxing the ears. It is a reprehensible practice, and though it may not outwardly disfigure, it sometimes leads to the affliction of deafness

and other diseases of the internal ear. You have no right to risk such results by inflicting such a punishment. There are other methods, moral and physical, quite as effective and perfectly harmless, whereby a child may be corrected, and with more dignity to yourself.

Putting a baby upon its feet while it is yet far too young is a general cause for the bow-or bandy-legged children so often seen. When you think that the only way to overcome this unsightly and ridiculed affliction, born of your pride and injudicious experiments, is to take the victim to a surgeon, have its limbs broken and reset to straighten them, does not your pride in the early progress of the little one seem more like cruelty? These experiments of your vanity mean for your offspring crooked legs always, or bones which must be broken to straighten them.

When a child is lop-shouldered, the deformity can generally be traced to the practice of always leading it by one hand, and sometimes dragging or pulling it along by the arm in a fit of impatience, in which both child and attendant are implicated. When a difference in the inclination of the two arises, the nurse should either wait till the child has recovered its good humor and will walk easily, or carry it. Do not drag a child along by the arm if you wish it to grow up symmetrical in shape.

It is said that the features of a child may be shaped in early infancy by a species of massage applied several times daily. Mothers of the Orient, who dress their babies in swaddling clothes that they may be straight in body and limb, also model their noses, ears and chins by shaping them many times a day—often as many as twenty-five and thirty. They fill and cover the little ears with cotton so that they will not be twisted out of shape while the child

is in bed. The eyebrows may be stroked into the shape of a bow each morning, the finger tips gently pressed and the nails occasionally trimmed, to give them a tapering effect. If the small teeth are irregular, bring gentle pressure in the right direction to bear upon them daily; or if they are very much displaced, consult a dentist.

Let your children romp and play out of doors whenever it is not stormy weather, and as they grow older, teach them to dance, row, swim, skate, ride horseback or any of the gymnastic exercises previously suggested; and a race of sons and daughters will spring up who will have no need of instructions regarding the acquirement of health, beauty or happiness.

CHAPTER XIII.

CORSETS AND TIGHT CLOTHING.

PROBABLY no article of feminine attire has ever been the subject of so much argument as the corset. Perhaps no other has ever been so paradoxical in its nature—capable of benefit and injury, and by use or abuse productive of either. It has its adherents and its antagonists, and, provided they are not extremists, there is much in the views of each that must be acknowledged by the opposing party.

Since the early days, hundreds of years ago, when Roman women wore bandages wherewith to support the breasts and found that they also imparted a slimness to the figure, corsets under various names and of various constructions have been worn; and in spite of the warfare made upon them by the comparatively few, the majority will continue to wear them for centuries to come. That the vital point of the argument—the evil effects of corset-wearing upon the general health—has some foundation, is proved by the fact, that within the last two decades, medical men, scientists, men and women of general intelligence and those who have made a study of anatomy and physiology with a view to producing a sanitary corset, have all interested themselves in the manufacture of the article. This considered, it certainly is reasonable to suppose that corsets may be found to suit the requirements of all figures, and if their adjustment is accomplished with a

moderate display of judgment, no harm can arise but benefit may result.

There are women whose figures require support and who, without aid of this kind, are rendered extremely uncomfortable to themselves, and beyond question, unsightly to others. There are hundreds of corsets, corset-waists, and boned or corded articles intended to take the place of regular corsets, in which a woman very much inclined to stoutness may encase herself and suffer no injury thereby, but on the contrary, derive benefit therefrom. A reliable manufacturer of sanitary corsets considers the various figures he is providing them for, and designs them upon corresponding lines. He makes them long and short waisted; with or without an abdominal support; adds or omits shoulder straps; inserts rubber gores over the hips and spiral springs between the front and back so that these portions of the figure are not in the least restricted; uses flexible bones and steels so that there shall be no unyielding longitudinal pressure, and in fact does everything that he can to successfully overcome all cause for complaint and remove every well founded objection to the corset. With all these improvements over the ancient corsets, which between their broad busks of wood or steel compressed the figure in a cruel manner into a still more cruel space, it does not seem as if a modern corset, judiciously worn, could, to any very great degree, if at all, prove injurious to womankind. It is the latter, instead of the former, we are strongly inclined to think, who are responsible for many of the injuries laid at the door of the corset. Of course, if corsets were not provided, women would not have this possible means of

injury within their reach ; but in some way they would manage to reduce their figures to their ideal of beauty in this respect. Not long since, a fashionable woman, an ardent advocate of dress reform, was arrayed in a charmingly fitted gown. "See," said she, "how I have proved to you that a dress may look just as well as though fitted over one of those murderous corsets!" The dear woman fully believed that she was emancipated from a slow death caused by corsets. Her consistency, however, was subject to criticism, for in every seam of the waist of that charming gown was a stiff whalebone, and it required the united efforts of herself and maid to hook the waist about the graceful figure of the wearer. And yet she had discarded corsets because they constricted her person ! Does not this prove the point just taken ?

A certain amount of compression is necessary to graceful effects in the present day, because of the fashion of the clothing, which does not conceal but reveals the outlines of the figure, especially those of the waist and bust. Without it there are figures which could not be fitted at all, as the tendency to stoutness often merges into actual obesity, and, without the corset, the possessors of bulky figures would suffer both physically and mentally. The slender woman who "looks like a rail," is also subject to ridicule, and to her the corset is a boon, since she may depend upon its furnishing a shapely foundation for the fitting of her gowns, while there is no need of drawing upon its laces for a reduction in the circumference of her waist. The woman of average intelligence, whose vanity does not dominate her judgment, can wear an ordinary corset with as little injury as she can her gown ; and, vice versa, the woman who tightens her corsets with

all the strength she possesses, can do herself as much injury in a so-called sanitary corset as in any other. It is the judgment of the wearer that renders a corset injurious or otherwise. She need not "cramp her ribs and cause them to bend or overlap, thus displacing vital organs," unless she wishes to ; though it must be confessed that, given the corset, this is exactly what nine women out of ten risk doing, by drawing the laces too tightly. And in just this direction lie the abuses of the corset.

Many ladies complain that a corset "hurts" them over the hips or at the end of the breast bone. If it were adapted to their figures it would not hurt. A corset should be fitted just as much as a shoe, and both can inflict an immense amount of suffering if they are not adapted to the shape. Where it is possible, let a saleswoman who thoroughly understands her business, try corsets on you until you find one that feels perfectly comfortable when properly laced, and wear it thus. Resist the temptation to draw it a little closer and thus make it uncomfortable and verify the utterances of its adversaries. If you *will* wear it tight, let the pressure be directly at the waist-line, *below the ribs*. Do not draw the laces until you feel uncomfortable across and above the stomach, or over the hips and abdomen. You can lace your corset so that with every inspiration you can breathe from the very bottom of your lungs, and feel no pressure over the hips. But your corset must be suited to your figure, and then laced as follows: Take two long laces and begin at the top of the corset. Put them through the eyelets in the usual manner until about two inches *above* the waist-line. There tie them in a hard knot, and proceed as before to an inch or so *below* the waist-line. Tie another hard

knot here, and finish lacing in the usual manner. Put the corset on, and, drawing the strings just as usual, make it as snug about the waist as you can comfortably wear it and get it off and on without *untying*. Now have some one adjust the rest of the lacing both above and below the hard knots, until it is smooth but does not in any way bind your chest, bust or hips, and when so adjusted, tie the ends of the lacing cords, both at the top and bottom, as the adjustment permits. In this way you will feel perfectly easy, unless you have made the waist-line lacing too tight. If you have, the fault and any injury that may result, will lie at your own door. If you have faithfully followed the above instructions, your corset will do you no injury and will give you a gentle support that is grateful and beneficial.

Do not lace your corset so that the bones at the top of the back meet, while their lower extremities will be far apart. If you do, and have adopted the corset for the grace of outline you expect it will give you, you will be disappointed, since the shapeliness of a corset depends upon a parallelism of the bones at the back; or if they diverge, they must do so on lines like these,)(. Then you will get a breadth of chest and hips, and the corset will impart its shapeliness to your figure. The occasion of the divergence first described is generally due to the corset being too narrow over the hips. If you cannot get one that *is* wide enough, slash the one you have, through the most prominent portion of the hip from the edge for about two or three inches upward, according to the length, and set in a gore of strong fabric or elastic. Then you will have hip room and can lace your corset into its proper position, in

which, if not too tightly drawn, it can do you no harm.

The bones and fabric of a well fitting and well made corset or corset-waist are protective of the tender skin of the flesh beneath them, since they come between it and the bands of the skirts, which must necessarily be moderately tight to insure a proper hanging. The reverse is true when the skirt bands are worn underneath the corsets, for then even a light pressure will produce welts and marks from these bands, often almost causing an abrasion of the skin.

For those who are convinced of the harmfulness of the corset, a variety of articles called corset-waists are made. One which is especially adapted to ladies who cannot endure the pressure of a corset, and yet affords all the advantages of the latter and none of its discomforts, is shaped like a corset-cover and closes like one. It is provided with lacings midway between the closing and under-arm seams and is supplied with bones enough to produce an unwrinkled effect. A full bust portion is set in from each arm-hole to the closing, thus providing space for the natural or reinforced amplitudes of the figure, and producing a graceful foundation for the fitting of a gown. No corset-covers will be needed with a corset-waist of this kind. Any lady can make it easily, assisted by the pattern, which we are able to furnish, and which may be seen in our catalogue of fashions. Another article, for which we also provide a reliable pattern, is an abdominal supporter, to be used by ladies whose necessities of figure or health call for such support. It is made of strong fabric, belting, elastic, and whalebone and affords both relief and comfort for the very stout, while in no way cramping

or compressing the breathing portion of the anatomy.

Now a word or two about tight garments—especially waists. As much harm as a corset *may* do, as much petty torture as it may inflict, it cannot begin to compare with a tight waist in the production of misery and all its visible indications. Before putting on her waist, a lady is usually perfectly comfortable, but afterward—well, one look at her face, a glance at her pose, will assure the observer that she is the very reverse. Why? Because, in a misdirected effort to obtain a snug, smooth fit, her bodice has been made too narrow across the bust and back, and this fault has been aggravated by adding the sleeves—they too, or their linings being tight; and the result is that the poor woman cannot draw a natural breath, and her reddened face and hands show how sadly her gown interferes with a proper circulation of the blood. Possibly the waist is tight below the chest, but even if it is, she finds herself comfortable when she has undone the fastenings of her gown from the throat to the top of the corset; whereas, were she to undo them only from the top of the corset *down*, she would be quite as uncomfortable as before. Too much cannot be said against this practice of compressing the chest and therefore injuring the strength of the lungs and the shape of the bust, which in this way is flattened and pressed in a downward direction. Give your shoulders, chest and arms room enough in your gowns, and you will add both to your happiness and your beauty; for tight gowns certainly mar the temper, and otherwise as strongly militate against a prepossessing appearance as any improperly adjusted corset that was ever donned. But where both corset and gown are

improperly adjusted, then, indeed, does the victim suffer, though the tortures of the former can be easily ended by letting out its lacings. But with the gown the matter is a more serious one to remedy, since it will entail considerable labor and then with not always successful results.

All the whitening preparations for the hands, which we shall give later on in this volume, will be of no avail, if by tight, binding sleeves you force the blood into your hands and also thus prevent its proper return to the fountain from which it issues. Redness of the nose often results from impeded circulation—and with young ladies the obstruction is usually found in too tight clothing. A red face will also result from the same cause, and those afflicted with either and who are addicted to wearing their clothing too tightly adjusted, will find it profitable to experiment with a looser attire before seeking other remedies. This course will often prove a cure as well as an economy.

While gloves and boots are not, strictly speaking, portions of the attire which are capable of producing serious evils, their use is abused quite as often as that of the corset. A shapely hand, an ugly one or one of indifferent shape should never be *crowded* into a glove. A tight glove makes ugly the pretty hand, still uglier the unshapely one and in no wise improves the appearance of the ordinary one. It renders the hand almost powerless, produces an aching, burning feeling, and when withdrawn leaves on the hand an angry looking print of every seam and a skin crimsoned by the blood which has been dammed up from wrist to finger-tip ever since the glove was buttoned. Besides, a tight glove is extravagant as well as untidy, for it will soon split, tear out at the button-holes and become generally demoralized. One size larger

would have been economical, comfortable, shapely and tidy.

In the preceding chapter we referred to the length of shoes, but in this one it is the width that needs attention. If a lady buys a shoe longer than her foot, she will find she can wear a narrower one than she has been accustomed to and yet have it feel comfortable; but when she buys a shoe that is no longer than her foot, in order to make the latter look slender she will select a width that keeps her in constant misery, and bestows its compliments in the shape of a crop of corns that can never be cured as long as she wears duplicates of the shoes that produced them. Together the shoes and the corns, though actually hidden from view, throw their shadows so that the face of the sufferer reflects all the misery they are causing and becomes flushed and pained and altogether unlovely, as far as expression goes. We have shown you how the mind should be calm and the disposition amiable in order that the face may be lovely; but, dear reader, if you persist in wearing tight shoes, we shall feel that the advice just mentioned has been uselessly offered. By and by we are going to tell you how to care for and dress your feet so that they will not set themselves in frowns on your brow. The little talk upon them which we have just given you is to tell you what not to do, for tight shoes will destroy peace of mind, cloud amiable faces, cripple graceful motions and in many ways make your condition anything but lovely or happy.

Elastic garters, if worn, should be only tight enough to securely hold the stockings in place, and they are less injurious if worn above the knee. A garter of coiled wire is probably as healthful as any that clasp about the limb, as

it allows perfect circulation, and while it is fully the equal, in holding qualities, of the elastic garter, it is narrower and more flexible, and therefore easier to wear. Stocking-supporters, however, are superior to circular garters, as they do not in the slightest degree interfere with the circulation, and when attached to the corset, corset-waist or shoulder straps, remove the strain upon the hips that is complained of by many who wear the belted supporters.

In recommending you to wear loose clothing of every description, we do not wish you to understand that you are to do so to a conspicuous extent. That would be a too radical acceptance of the suggestions offered. But have every article of wear sufficiently loose to allow your body to perform properly all of its functions, your limbs to move with their full power, your circulation to exert its proper activity; for upon these three necessities depend your health, your strength, your beauty. Interfere with one, cramp the other, or retard the third—from either will arise derangements of the system that will develop still others, and instead of the bonny, blooming woman “God meant you to be when he first thought of you,” you will be a pale, puny flower whom all pity but none greatly admire.

CHAPTER XIV.

DAILY HABITS, GENERAL DIET AND ORDINARY EXERCISE.

IT has been repeatedly said by physicians, by all writers upon the subject, and by the class known as "professional beauties," that perfect health is the true foundation of all beauty. Those who have accepted the theory and devoted a portion of their time to securing and retaining health, universally add their testimony in favor of its truth. Nor is there one of the so-called complexion specialists who does not tell you this: "You must take plenty of exercise, retire early if possible, eat only what agrees with you, and bathe often. If you cannot go to bed in time to secure your beauty sleep, which is always before midnight, get the sleep you need when you can, but be sure you get it." Then she tells you to come to her for the rest of the work. Now "the rest of the work" is easily accomplished, but could not be performed successfully, if at all, had not the diplomatic specialist persuaded you into doing most of it yourself, knowing well that all the outward applications in the world or which she can supply will not call the natural rose to the cheek, a healthy hue to the skin, or a permanent sparkle to the eye. But if exercise has sent the blood bounding through the veins, sleep has banished the weary lines of the face and raised the tired eyelids, if proper food has left its healthful results upon the system, and daily baths have made the skin clean and receptive, then with

her balms and emollients, her unguents and tonics she knows that she can soon clear your face of any blemishes which your preliminary course could not remove, and you will stand a living, blooming example of the results of her wonderful preparations ! Silly lasses and women ! Do not waste your money in the purchase of expensive cosmetics, but follow the suggestions hitherto given, and others that you will find in this and succeeding chapters, and you will have no need of attempting to "paint the lily," only to fail in effect and irremediably ruin your complexions.

In the first place, it is essential that your daily habits be regular, and chiefly in the matters of sleep and digestion. The first is dependent on your will, the second on what and when you eat. In the young, insufficient sleep brings premature wrinkles, and if the latter are newly formed from this lack, then "Nature's sweet restorer" will also, if properly taken, drive away these unwelcome and misleading evidences of years which have not existed. As far as possible let your time for retiring and rising be regular, and the amount of sleep from seven to nine hours, as you find your individual system requires. If the latter is in a normal condition it will be its own indicator of the amount of sleep needed to keep it in perfect repair. But, while we insist on regularity in this matter, we deprecate the practice of turning night into day, even though the hours selected for sleep do not vary in any respect from night to night ; and, while we do not strongly advocate rising with the sun and by absorption becoming a part of that moist and possibly foggy and chilly portion of the day, we do earnestly oppose the practice of making the seven, eight or nine necessary hours of sleep end somewhere in the middle of the forenoon. One should, as far as possible,

avoid the dampness of the early morning, but the sluggard who sleeps through its first fresh, *dry* breezes and misses the delightfully genial rays of the sun after he has sipped the dew from turf and tree, is pursuing a course quite as destructive to personal beauty as the habit of retiring long after the hours for beauty sleep have been numbered with those of yesterday. As remarked in a preceding chapter, night is undoubtedly the proper time for sleep, and it is then that its potency is greatest. All Nature teaches us that the Creator intended us to take that rest which is a semblance of death, when the world is darkened, when the birds in natural obedience to His intention hide their bright eyes under downy wings, when little flowers fold their petals and nod upon their stalks, and most of the animal kingdom seek their habitations and compose themselves to sleep. It is true, also, that all of these subjects of His will are awake at peep o' day, and no doubt His human subjects might be also, if, like the others, they accepted the going down of the sun as a signal for repose, or if, like them, they were accustomed to an open-air life and prepared by Nature for it.

Birds have a natural covering in which they can defy the elements, and by a flutter or two shake from their tiny frames all moisture from rain or dew, and in a short time be dry and warm. Upon the thick skin of animals is a hairy covering which keeps it warm and protects it sufficiently from rain or dampness. But a human being, aside from considerations of modesty, needs greater protection than Nature has provided and must have an artificial covering for delicate, absorbent skin. Dampen or wet this covering and leave it on, and the result is too well known to need explanation.

This lack in the endowments of Nature is balanced by the gift of intelligence and reasoning power, and the two combined are intended as the medium by which the race of mankind is to supply the deficiencies and by human inventions fortify and strengthen its scions. This must be done through rational theories put into rational practice, and it therefore follows that the very first of these is the protection of the system by an avoidance of dampness—especially that of the early morning in sections where fog, and mist, heavy dews and dripping moisture begin the day. Where no dew falls or forms, and the sun rolls up from the east and sheds his rays on dry swards and shrubs, there the sleeper cannot be too quickly called out into the fresh, dry, sweet air of the morning. But in damp localities it will not be necessary to remain in bed until the morning moisture has disappeared. One can be up and about in the house, provided the windows and doors are not kept constantly open, thus letting in just what is to be avoided. It is the damp, penetrating morning atmosphere, which fastens to your clothing and will not be shaken off, that brings aches to the bones, malaria to the system, and disagreeable colds and kindred ills, all of which mar the spirits and destroy the looks. But the clear, bright morning whose breezes are cool and whose dampness has fled with the coming of dawn infuses new life into the heart, drives away depression and brings the exhilaration of a tonic—is a tonic, in fact, far superior to all the mixtures prepared by the hand of man for the restoration of a depleted, exhausted system. If, owing to any functional derangement or other cause, insomnia results, it is wise, as previously suggested, if the usual methods of wooing sleep fail, to seek the advice of a physician; for the

temporary oblivion which is a natural part of at least one-third of each day's life is as necessary to a healthful existence as food and drink is to the body, as the dormant rest of winter is to the roots of vegetation.

Daily habits which are regulated by proper digestion are also as necessary to a good complexion as air, sunlight, water and exercise. If the food eaten is difficult of digestion, or the latter is weakened through overtaxation or from other causes, the natural results following perfect digestion suffer interruption, occasional constipation becomes habitual, and, in the effort to rid itself of obstructing secretions, the system forces into the ducts of the skin matter that clogs the pores, yellows the complexion and mottles the face ; and the inactive functions quickly deaden the luster of the eye and seem to weight the feet with lead. If by a judicious diet this habit cannot be corrected, then some mild laxative should be taken daily for a short time, until regular habits are established when no trivial excuse should be allowed to interfere with them. Many a sallow skin and lack-luster eye or an offensive breath and depressing lassitude are due entirely to a careless indifference to this important daily habit. By and by, when the difficulty becomes chronic, so does the invalid, who by her own neglect thus develops into an unlovely, peevish woman, who lives a life of mental misery that has only a fancied foundation, and endures an existence of physical torment that, nine times out of ten, is of her own creation. The busy woman thinks herself too much occupied to heed the insistences of Nature, who resents the slight by the punishment of subsequent ill health. The indolent woman feeds royally and dawdles about in easy chairs or on luxurious couches all the day, thus little by little render-

ing inactive and incapable that servant of her health—digestion. Eventually she pays the same penalty as the busy woman, and then both seek the aid of drugs and cosmetics to build up the healthy beauty their own hands have ruined. It must not be inferred that perfect beauty waits on good digestion. Blemishes which are discolorations resting under the scarfskin cannot be entirely removed by a perfect digestion ; but certainly many of them which result from impaired powers of the stomach could be avoided, and a skin which is clean and healthful yields all the sooner to the efficacy of the many external preparations used for clearing the complexion. If the disturbance which muddies a clear stream is not quelled or does not subside, the surface will never be clear, can never be freed from the disfiguring matter which floats upon it ; and just so it is with the skin upon the face. To its surface will come the impurities of the under current, and nothing can satisfactorily make it clean and wholesome which does not remove the cause of the unsightly effect.

The natural procedure for correcting the difficulty is through the diet and by a proper amount of exercise. By diet we do not mean the strict regimen necessary in extreme dyspeptic cases, but the kind and quantity of food that agrees with the individual, and of that no one is as able to judge as the person, herself. Certain foods in certain people produce symptoms which cannot be denied as indicative of indigestion ; and there is no one who is not quite positive as to what the particular food which occasions these particular symptoms, is. Indigestion, in even its slightest forms, interferes more or less with the daily habits, and therefore the rational in-

dividual should avoid the food which produces it, even though she deprives herself of the temporary pleasures of her palate, that she may make a permanent foundation for her health and good looks. If, having eaten sweets or food prepared with saccharine ingredients, she finds her mouth and stomach sour, causing fermentation instead of digestion, what easier remedy can she find than an avoidance hereafter of that variety of food? Of course, she can overcome the acidity for the time being with a tea-spoonful of bi-carbonate of soda dissolved in a glass of plain water or Vichy, but when again she eats of the same sweets, she will find more soda necessary; and too much of it, from a long use, is injurious to the membrane of the stomach. Another kind of food may cause flatulency or distension of the stomach, and therefore be productive of much discomfort. Fifteen or twenty drops of aromatic ammonia in a glass of soda or plain water, or a charcoal tablet, or half a tea-spoonful of charcoal dissolved in half a glass of water, will afford temporary relief, but will not sufficiently aid digestion to permanently avoid a return of the trouble. Besides, the eating of food which constantly distends the stomach soon results in a corpulence as unnecessary as undesirable, as difficult to reduce as it was easy to acquire. Doughy food, such as heavy bread, underdone pastry, dumplings which are *not* "as light as a feather," and rich cake, all of which affect different people differently, but produce "a lump in the stomach" oftener than any other symptom, are not necessary to one's existence, no matter how much they may tickle the palate; and if in any way they prove distressing, they should be numbered in the list of the enemies to digestion, and refused if they cannot be abolished.

Fruits, generally healthful food, inasmuch as they aid digestion and cool the blood, are sometimes utterly unsuited to certain stomachs, cause acidity and fermentation, a condition the reverse of constipated, and frequently produce eruptions on the skin. Ask a physician what you shall eat, and he will at once ask you what you *can* eat. In other words, if such and such an article of food causes you any distress, or if this, that and the other thing agree with you, then he will tell you to eat the food you say does not distress you. Does not a moment's consideration show you how supremely ridiculous it is to have to be told, by some one who learns only by questioning you as to what food agrees with you, what to eat? Could not your own reasoning powers, founded upon the observations you have confessed, and the exercise of your own judgment, do as much for you in the way of prescribing a diet as the opinion you will have to pay for, and which has only your disclosures for its foundation? No special foods can be prescribed for people with moderately good digestion, and no chronic troubles of the stomach, since what one may eat another may not without some unpleasant symptom, arising, not from a diseased stomach, but possibly some peculiarity of its digestive functions. The wisest plan to secure and retain perfect digestion is to closely observe which foods cause you no distress and are easily digested, and refrain from those having the opposite effect. It will not be necessary to consult your physician, unless you have some chronic disorder of the stomach, for the latter organ will give you all the information you need in the selection of your diet.

The breakfast generally considered most healthful con-

sists of fruit, a saucer of some cereal, served with cream and with or without sugar, rolls and fresh butter, and a glass of milk. To this may be added, if required, an egg, boiled or poached, or a bit of steak, or a lamb chop cooked "rare;" and for the milk may be substituted a cup of not very strong coffee or tea. Food that is fried in grease or butter is always indigestible. In the country it is not uncommon to see upon the breakfast table pie, cake or doughnuts, and while the practice is obsolete elsewhere and reprehensible anywhere, there is an advantage in eating these foods thus early, since the rest of the day can be spent in digesting them. Unfortunately there are usually three relays each day, and the same "goodies" appear also for dinner and tea or supper, and not infrequently for lunch before retiring. No wonder that even out in the pure, untainted country air we find so many yellow roses instead of damask ones upon the cheeks of the feminine inhabitants; so many dull eyes and pale lips, so many victims of indigestion! All the natural processes of assimilation and digestion are interrupted by the diet mentioned. Fruits, if eaten at all in a raw state, are munched between meals and during the evening; and in some localities, if eaten at the breakfast table, the person who so gratifies his appetite is at once pronounced peculiar. In the same portions of the country preserved and canned fruits in great variety form a portion of each meal, and cake of all descriptions is largely devoured. The people who thus indulge their stomachs lead, of necessity, active lives, but nowhere will you see complexions showing so plainly the destroying effects of indigestible foods. Hygienic principles are to these people as an unwritten book; nor would all the books that are

written upon the subject cause the slightest deflection in their method of living, which has remained unchanged for generations. To those who heed the warnings of over-taxed digestive powers, we principally address our suggestions for a healthful diet.

For dinner, let there be plenty of roasted or broiled meat—not cooked till the juices have all been dried out and the substance is like so much chip, but so that there will be a rosy tinge when it is sliced or cut ; also vegetables, well cooked, but not fried in grease, good bread at least a day old, and for dessert, fruit, either cooked or raw, and rice pudding, corn-starch, custard, farina, or baked apples. Of such food you may eat your fill deterred by none of the terrors of an indigestion, which, as a rule, never follows a meal of simple, wholesome foods. Drink little or no cold water or even hot fluids while eating the principal part of the meal but, if it agrees with your stomach, you may have a cup of coffee or tea with your dessert, or conclude the repast with a glass of milk.

For tea, bread and butter, dried fruits stewed, or fresh berries or peaches, a bit of chipped beef and some very light sponge or other cake, with a glass of milk or tea, will form a meal sufficient for your needs, and that will be quite digested by the time you are ready to retire. There is a difference of opinion as to whether or not a person should eat just before going to bed. The divergence certainly rests upon the effects of such a course as observed in different people ; and it seems reasonable to allow a person to try the experiment himself and thereafter be guided by his own personal experience—just as he is to select his day foods according to the effect they produce upon his stomach. A celebrated physician often

recommends those of his patients, who, being delicate do not eat largely nor often, and who complain of waking in the night hungry, to have a cracker or two and a glass of claret or some light wine near by, and to eat a mouthful or so of the one and take a sip of the other when they wake hungry. Hunger is the demand of Nature for sustenance, and the weak need it more than the strong; and upon this latter principle he prescribes as above. His theory is reasonable, but it would not be if he told his patients to have a mince pie, or a pound cake, and some rich cheese near by, with which to respond to the calls of the stomach. It is the effect of the last named foods, and others of near kin, which people eat just before retiring, that gives rise to the opposite theory. If the stomach is too empty, the brain works furiously and sleep is shy. If it is overloaded with rich and indigestible food its struggles to bring about digestion, are so fierce that the brain, closely connected with it by a set of sensitive nerves, sympathizes to such an extent that, though slumber may come, it is fitful, and tortured with nightmares and the hobgoblins of a disturbed mental state. Thus, no sleep is the result of a too empty stomach, and disturbed sleep of an abused one, and either condition exhausts and depletes the system; and so again we must leave the reader to experiment and judge for herself how she shall satisfy the demands of her stomach and at the same time not antagonize its functions.

As an appendix to this volume we have given a table showing the time required for the digestion of most of the staple articles of food. Remembering that the longest time greatly taxes the digestive powers, and weakens them as well, we advise the selection of food that can be easily and quickly digested, and the avoidance of any other.

Then the system will remain vigorous since the most important functions will not be retarded by overtaxing them; the daily habits will become such in reality, and sleep will follow as a natural result, especially if aided by exercise—not the kind that racks every bone and muscle with aches and pains, but as much as is necessary to produce an inclination, at a reasonable hour, “to lie down to pleasant dreams.”

Many of the popular methods of exercise cannot be adopted by certain people for a variety of good reasons. A lady may not own a saddle horse nor be so situated that she can hire one; she may not live near water or a gymnasium nor be able to join a cycle club. But she will still have at her command one of the best exercises of all—walking. Let her walk all she can, all she is able to; but if not accustomed to the exercise, let her gradually increase her walks until a distance of five or six miles daily will not tire her. The Duchess of Marlborough says that the English women are inveterate walkers, and to the habit is largely due their glorious, glowing complexions. Of course, the moist atmosphere of England is a beautifier of the complexion, but an English girl who did not walk about in it daily would only be half as beautiful as she generally is. To fully benefit from any exercise, one must enjoy it heart and soul. A daily walk, taken in a perfunctory manner, with the one object in view of getting it over as soon as possible, is of no benefit except that it keeps the joints from becoming stiffened. The eye must be observant and transmit to the soul the beauties it rests upon; the pace must be typical of the feelings thus inspired; there should be chatter and laughter or a song, or reveries wherein all

things seem to glow with a rosy tinge. Companionship usually brings about this cheerful tendency, and so far as possible, let every walk be taken with congenial companions.

Dress for the exercise, too, as do the English girls, especially as to the feet. Do not attempt pedestrianism in thin kid boots with French heels. Get a pair made of stout goat or calf-skin, with broad soles and good, honest, low heels, and then you may tramp over hill and dale in perfect comfort whether the weather be wet or dry; and if the rest of your costume is as appropriate as your boots, the state of the weather—unless of course, it is very stormy—will not prevent your constitutional, which should be taken as regularly as your food, or your bath, or any other necessity of your perfect health. A dress of dark color but of light woollen texture, with a plain or kilted short skirt and a blouse waist, a tourist cap and cloth leggings, forms a costume in which the daily tramp in search of health and pleasure may be taken with the utmost comfort, whether the sun shines or the rain falls. Properly dressed for it, there is a sort of charm in bidding defiance to the elements, and under such conditions young people and older ones alike grow merry, and, throwing heart and soul into the pleasure, they reap a rich profit in health and good looks. We can, upon application, furnish the patterns for a very pretty pedestrian costume, such as just suggested; and as it is easily and simply made there will be no excuse for our lassies not taking their daily exercise, even though the rain drops patter and the turf and roads or streets are damp. Remember it is the moisture of the climate and their indifference to the weather, that give English girls

such blooming cheeks and pure complexions. Our own climate is drying to the skin, which needs a great deal of moisture to keep it fresh and smooth ; therefore it is a duty you owe your complexions to take your exercise just the same when there is moisture in the air, unless, of course, you have a weak throat and chest. In giving such urgent advice, we are talking to those who have no organic trouble—those who have only a general weakness to remedy or a good physical condition to sustain. The family physician is the best adviser as to your exercise, when there is any incipient pulmonary complaint to be overcome or considered.

When you have taken your walk, generally in the morning, do not feel that your duty in the matter of exercise is done, and sit down the remainder of the day. After a rest, be up and doing. Busy yourself about the house or garden or lawn. Do whatever you have to do, whether work or play, and when night comes there will be no need of potions to bring sleep to your eyes and its rest to your mind and frame. “But,” the weary housewife and the tired working girl exclaim, “this advice is all very fine for women of leisure ; but how are we, who are on our feet from dawn till bedtime to profit by it ?” With a heart of compassion for the worn out one whose necessities compel her to incessant toil, we can only endeavor to show her how she may find an antidote for the drain upon her system. Household labor or the standing position of girls in our large stores and factories tire and injure more than active movements on the yielding turf or out in the open air. There the system takes in through the lungs a constant supply of oxygen, which is the life sustaining element of the atmosphere.

This offsets extreme exhaustion, unless under exceptional circumstances. Housed, a busy woman breathes a more or less vitiated air, and therefore the recuperation provided by a pure atmosphere fails, from want of material, to offset exhaustion. Besides, the feet come in contact with unyielding surfaces all the day long, and thus the whole frame and its enclosed organs sustain a constant jarring and strain. You think your feet and limbs have been the subjects of sufficient exercise. Possibly they have. And yet, a walk is one of the things the writer is going to advise—not to exercise the limbs, but to take the mind from the aches of the poor tired body and thus rest it, and relax the lines of care in the face, so that the latter will take on a softened and more youthful expression. Take this little stroll in the evening if no other time can be spared. It will do you a world of good, and you will be surprised to find how it rests you, even though you have been on busy feet the whole day long.

Where the walk cannot be taken, a warm bath before retiring will rest you wonderfully. If you are very tired, or not strong, or are fearful of taking cold, rub your chest, back and limbs, after drying yourself with a rough towel, with alcohol. Sixty grains of quinine added to a pint of alcohol, and the latter warmed and well rubbed into the skin, will be found productive of great tonic effects in cases of exhaustion and debility. Another tonic within the reach of all is salt, which may be rubbed into the skin before the latter is dried; or it may be put into warm water and thoroughly rubbed over the body as a sort of rinsing process. The alcohol, rubbed upon aching feet, will soothe and refresh them greatly, as will soaking them for ten or fifteen minutes in plain hot

water, or hot water to which has been added salt or plenty of baking soda. The latter in a bath is cooling and refreshing. If you cannot take a tub bath at the end of a busy day before dining or supping, take one of some kind, sponging or wetting the person all over, and change your clothing for the evening. It is necessary to cleanliness, conducive to rest, and a moral obligation you owe your self respect. Come sweet and fresh to meet your family and friends, and the pleasure of knowing that you are in that condition which is next to godliness will obliterate many of the pains and aches of exhaustion.

She who toils all day with head and hands and feet should be discreet in the choice of her food. At the risk of losing the health she has, will she overtax her stomach, feeding it on indigestible food, and between times adding insult to injury by eating confectionery indiscriminately. Just after lunch or dinner, while the food of either meal is in an early state of digestion, pure candy may be eaten without injury—in fact, some physicians say that under such circumstances it aids digestion. But candy eating before and between meals will ruin the healthiest stomach, and the danger is as great to the children of luxury as to those of toil; but the former have the time for the fashionable invalidism of dyspepsia, while the latter cannot afford to court it because their very existence depends on their labors, and these cannot be undertaken with ruined health.

So to the earners of bread we say, as far as possible, adopt the suggestions contained in this chapter. Some of them have been thought out especially for you, and are not based upon theory but derived from a broad field of observation and much personal experience, and offered

with a free and compassionate realization of all the deprivations of a work-a-day life and the sacrifices demanded thereby.

CHAPTER XV.

INDIGESTION OR DYSPEPSIA: WHAT, WHEN AND HOW TO EAT.

IN the preceding chapter suggestions for the general diet of a person in perfect or moderately good health have been given. Those inclined to indigestion need more specific instruction for two reasons: First to prevent a loss of health, and second of good complexion and good looks; for it is well known that indigestion will make its victim sallow, thin, irritable, despondent, morose—everything that goes to make up a total of unloveliness to be both dreaded and feared.

What shall you eat? Well, if you have become a chronic dyspeptic and have no longer any faith in doctors, then begin a home treatment which may cause you many sacrifices of the palate, but will, in all probability, result in great relief if not a positive cure. Said a physician to a patient who had chronic indigestion and in consequence a poor complexion and an unhappy expression: "You either cannot or will not do as I wish you to; otherwise I could cure you. I would thoroughly wash out your stomach and then put you on a strictly milk diet for five or six weeks, during which time I should insist on your laying aside all business and other worries, and aside from necessary exercise, taking absolute rest. You would then get well." Now from this method general principles for home treatment may be deduced. The

washing out of the stomach may, to a great extent, be accomplished by drinking each morning, before meal time, and while yet in bed if possible, half a pint, or even more, of water as hot as you can swallow it. Have it so hot you can only sip it from the cup or tea-spoon at first. If it tastes insipid, put the least bit of salt or sugar in it, reducing the quantity of seasoning until you can drink the water unseasoned with no distaste. After half or three-quarters of an hour, eat some fruit and a bit of oatmeal, cracked wheat, wheaten grits or any of the cereals you like, and, if you desire it, add two or three ounces of stale bread or toast to your bill of fare. Drink a glass of milk which has been boiled and allowed to get cool—not cold; or else drink milk that has been cooled without ice, and to a goblet of which has been added a pinch of salt or a table-spoonful of lime-water. Salt will curdle new, *warm* milk. Lime-water may be got at any druggist's for a very small sum, or it may be made by putting pure water upon a lump of unslaked lime and letting it stand till thoroughly impregnated with the taste of the lime. But if possible get your lime-water from the druggist.

Just here it may be well to insert a method of preparing wheat at home which is productive of a delicious, highly nutritive dish belonging to the cereal foods. Take some winter wheat and carefully look it over to free it from foreign substances. Then thoroughly wash and drain it, and place it in the oven in a dripping pan. Stir it often until it is dried hard but not scorched or burned. Then grind it coarsely in a coffee or spice mili, and put it into a dry fruit can or a tin box securely covered. To cook it, take as much as you think, from your experience

with other cereals, will be needed, and put it into enough cold water to cover it well. Let it cook slowly for an hour or so, until it is soft, and then serve with cream and sugar, either for breakfast or dessert. For the latter, if it is poured around a baked apple and served with cream or thin sauce, it is delicious and very wholesome. The people of Great Britain live largely upon "porridge," which is their general term for oatmeal and other cereals cooked and served as they also are America. As a race, the men are hardy and vigorous, the women healthy, blooming, and beautiful, and dyspepsia is a disease quite unknown among them.

If the weakened condition of the digestive organs has produced constipation, an orange, eaten while dressing, or a fig or two before breakfast, or stewed prunes with breakfast, will often overcome the difficulty. If these fail, a glass of some gentle saline purgative, such as Hunyadi Janos, Saratoga or other mineral water, taken half an hour before breakfast, will prove efficacious. It is said that drinking a glass of water on retiring will also produce a regular morning habit. If you try the fruit process for obviating constipation, eat plentifully of it, but only at breakfast time or before it. When it fails, it is generally because one has been too sparing in partaking of it.

Sometimes the bran in brown bread or porridge is irritating to the stomach. Properly prepared, however, crushed wheat, oats, oatmeals and wheaten grits have very little bran in them and are universally wholesome. Like medicines, they sometimes, through some peculiarity of the stomach, are antagonistic to the system and cause an eruption or a heated condition of the blood ;

but such cases are exceptional, and the remedy is a discontinuance of the food, and the substitution of some other as easily digested. A raw egg beaten up with a little white sugar is palatable and easily digested, and, considering that in nutritive properties it is equal to four ounces of meat, it is certainly nourishing. Cooked, it becomes more difficult of digestion and should never be left over the fire until the yolk is hard. Boiled or poached until the white has set, and no more, an egg is food that the most delicate invalid may take without distress.

Where it is possible, let dinner, or the heavy meal of the day be eaten at noon, and at least four or five hours after breakfast. Let it include vegetables which stimulate the stomach and assist digestion, such as asparagus, beans, raw cabbage, tomatoes, roasted potatoes, cauliflower, spinach and rice, though the last can scarcely be termed a vegetable. Beef or lamb, broiled, roasted or baked, are the most nourishing and easily digested meats. Boiled, they become less nutritious, and when fried hard in fat, are largely robbed of their nutrition and are also rendered to a certain extent indigestible; and both of these objections completely unfit them for consumption by people having weakened digestions and systems. Steak or chops may be cooked by a method which approximates to broiling and leaves the meat quite as nutritious and digestible. Heat the pan very hot and then put the steak into it with no added fat. The intense heat of the pan will sear the steak almost immediately. Then turn it and sear the other side. Turn alternately, until it is cooked as you want it, but, in the interests of health, let it be rare when taken from the pan. Lay it upon a platter,

season with salt, pepper and a little fresh butter and set it in the oven for a few minutes. An invalid or dyspeptic whose stomach will accept meat at all, can eat it thus prepared with no distressing results. The dyspeptic would better abjure, for a time at least, the use of tea or coffee, and drink either hot water, hot milk and water or milk prepared with lime-water. It is also well for the time being to give up all desserts containing sugar or saccharine matter, especially those of a rich nature, such as plum pudding, pastry, etc., etc. When desserts can be eaten, those made of farinaceous substances, thoroughly cooked, are advisable.

Supper should be a light meal and composed of plain white or brown bread, light and thoroughly baked, sweet, fresh butter, stewed fruits, and milk or very weak tea. A little sponge cake may also be eaten, but the richer kinds must not be taken. Graham wafers are better for the dyspeptic than cake, and as they are very delicate and dainty are often preferred by those who can eat what they please. A baked apple, served with a little sugar and pure cream, is a delicious and healthful addition to a dyspeptic's table. If, before retiring, the stomach feels empty, drink a glass of milk prepared with lime-water, provided the plain milk does not agree with you.

As a rule, all Americans eat far too rapidly and do not at any time masticate food sufficiently. Food thoroughly chewed and moistened by the salivary glands, gives the stomach far less work to do, and therefore greatly aids in keeping it in a proper condition. Food that is "bolted," or swallowed before it is half masticated, must be reduced sufficiently by the gastric juices to permit it to pass easily from the stomach into the intestines through the small

orifice leading to the latter. It is the repeated effort of the stomach to complete the masticating process belonging to the teeth and jaws, that causes much of the pain which follows the eating of certain foods. If the teeth are too poor to properly masticate your food, it will save you a doctor's bill later on to have some good dentist either put them in proper grinding order or supply you with artificial ones. Thorough mastication cannot be accomplished without their aid; without such mastication perfect digestion will not result; without such digestion good health cannot follow, and without good health you can neither be beautiful nor happy. Chew your food slowly, do not be in haste to crowd one variety upon another by swallowing it too quickly, drink very little—better nothing at all while eating—until your meal is completed, and then do not indulge in copious draughts of any kind. A swallow or two of water will cool the mouth and throat as much as a goblet full, while the latter would slightly chill the stomach and also weaken the action of the gastric juices. Milk, which contains nutritious substances, is a food naturally mingled with the contents of the stomach, and is advisable in place of water in most cases. Two pleasant aids to digestion are sociability during a meal and a little rest or *siesta* after it. An old proverb says "Chatted food is half digested," and it is quite true that, eaten slowly in the midst of pleasant conversation, food is readily assimilated and thus invigorates body and brain. The same meal eaten under opposite conditions will produce opposite effects.

One great cause of indigestion is eating too much and too often, and physicians frequently say that "more people die from eating too much than too little." Both

faults exist, and both are to be deprecated. The stomach should be given time to dispose of one meal before another is eaten, and from four to six hours should elapse between meals; and, furthermore, there should be "no eating between meals," unless the latter, by some accident, should be delayed. This rule may be varied with regard to children who eat lightly and play busily all day; but as they grow older, eat more heartily at the table and exercise less, they should be brought under the same rule as their elders.

The matter of eating before retiring has to some extent been discussed in a previous chapter, as well as the individual ability to assimilate food in general. The same rule applies with regard to what a dyspeptic shall eat as in the case of a healthy person. Different temperaments require different foods, even though the same disease is present.

The foods herein named and suggested are those generally suited to dyspeptic individuals. Foods which are considered injurious to them include old, smoked or salt meats and fish, veal, fat pork, ham, sausages, liver, strong cheese, tea and coffee, mince pies, highly seasoned sauces, preserves, candies, pickles, cakes, sweet wines, poor butter a few raw fruits, and all hot cakes or breads unless the latter are made of graham flour or wheat meal. As a rule, too much meat is eaten, especially when it is overdone. Fresh and salt water fish of the scaly kinds, game, domestic fowls and birds are all easy of digestion when properly cooked, and there seems to be no good reason why they should be stricken from the list of foods for dyspeptics, except in individual cases.

Regarding tea and coffee, there is such a divergence

of opinions, all based on observation, that it seems wise to let personal experience decide whether or not they shall be used. But we would not advise either if made very strong. Both stimulate, and it is said that tea has an intoxicating quality that has of late rendered it a sort of tippie among the unfortunate class of women who have learned to depend upon the stimulation of drugs and drinks until they are lost to all sense of shame, and seek and avail themselves of every opportunity of gratifying their acquired and depraved thirst for intoxicants. There are times when a cup of good tea rests and refreshes a tired woman ; and the drink probably harms no one when taken in moderation, provided it is not made too strong. The most objectionable kind is green tea, from the poisonous ingredients said to be used in preparing it for the market. In making tea, *infuse* but do not boil it. Pour upon it as much boiling water as required and let it stand for a few minutes where it will neither cool nor boil. You will then get the aroma and flavor of the leaf, without the bitter taste which boiling extracts from it. The same holds true with regard to making coffee. It should *not* be *boiled*. Both tea and coffee that have been boiled are indigestible, and it is probably because they so are frequently made in this way, that they cause distress to those who drink them. Milk or cream and sugar are generally supposed to add to the beneficial qualities of both beverages, but there is a doubt if it is not the palate instead of the system which benefits most. Experiments made by dyspeptics have shown that where tea and coffee were taken without sugar or milk they caused no distress ; but with these additions they disagreed very noticeably with the stomach. The experiment is worth trying, if

any of our dyspeptic readers are fond of either beverage.

One of the distressing symptoms of indigestion is flatulence, or eructations of gas from the stomach. Many a sufferer is socially isolated because of its mortifying indications. The difficulty is, of course, the result of impaired digestion, and until the latter is restored to a normal condition, permanent relief cannot be hoped for, although temporary remedies can be suggested. A small teaspoonful of common baking soda or bicarbonate of soda taken half an hour before eating will prevent to some extent that fermentative process which goes on when food enters a disordered stomach and which produces distention and eructations. Dissolve the soda in a glass of water, or if convenient take it at a druggist's in Vichy or Seltzer water. Tablets composed of bismuth and charcoal, procurable at any drug store, are also valuable assistants in overcoming the unpleasant symptoms. Charcoal and magnesia, in about equal parts, taken in doses of a tea-spoonful in water, after meals, is still another remedy. A bit of ginger root eaten after a meal heats the stomach and thus helps digestion. Another remedy, common in the country, is taking after dinner half a teaspoonful of *whole* white mustard seeds—an irritant which, like the ginger, stimulates the stomach. But the best remedy of all is to find out the particular food which does not agree with you and then leave it alone. Eat enough of what does agree with you and is of an assisting nature in the matter of digestion, to supply any waste of the system occurring from work or exercise, but do not indulge in the pleasures of such food until satiety is reached. Having eaten, wait until the stomach calls for

more food ; try to so discipline it that the demands will occur at regular hours, and then meet the demands with just enough, offering or permitting no surplus. Thus, by a properly selected diet, regularity in the action of the bowels will be insured and dyspepsia, with all its disagreeable symptoms, overcome.

CHAPTER XVI.

PROPER CLOTHING.

UNDERWEAR AND OUTER GARMENTS.

UPON their advent into the world, Nature provides, or has already provided, a protective covering for every beast and bird. To man alone has she denied this favor, but as remarked in the previous chapter, she has endowed him with intelligence as a medium through which to protect himself and improve his condition. In his great struggle for existence his most powerful defensive weapon is his clothing, although through custom and the irresistible dictates of Fashion, the hygienic and main object of clothing often becomes subservient to its ornamental intentions, and the usefulness of man's most efficient weapon becomes greatly lessened, with a corresponding diminution of vigor and vitality. Aside from the consideration of modesty, the chief purpose of clothing is to preserve health and prolong life, and especially is this true in the frigid and north temperate zones of our planet. In those regions where the climate requires but little clothing, and that principally as a protection against heat, theologians may uncontradictedly contend that clothing was invented as a cover for our nakedness ; but in the colder climates physiologists who claim it as a means of preservation would undoubtedly get the better of the argument. A wise course is to admit the truth of both

statements, kindly forgetting the thousands of uncivilized human beings who know nothing of the meaning of the term modesty, and in the utmost innocence of any necessity for clothing, live all their lives unenlightened and unclothed. The presence of clothing stimulates, by friction, the circulation, and if of non-conducting material, keeps the skin at a normal temperature and the blood from being driven from the surface of the body to the vital organs, thus preventing generally inflammations, congestions, kidney troubles and various other ills dependent upon the action of the blood and its vessels. A human body, exposed to cool air, soon begins to lose its heat by three different processes, viz.: by radiation, by evaporation of surface moisture, and by conduction. The natural heat of the body is necessary to life and must be maintained. Covering the body, we at once interfere with all three of the cooling processes in a degree corresponding with the conductiveness or non-conductiveness of the fabric employed.

Wool is considered the best non-conductor of heat, silk next, then cotton, and lastly linen. In cool or cold climates the wool should invariably be worn next the skin, if the latter is not too sensitive to the disturbance of the electrical current which it creates. This disturbance calls the blood to the surface and often results in eruptions of the skin or severe irritation. Silk underwear sometimes produces the same effect, and where the climate necessitates the wearing of either, the irritation may be avoided by putting a garment of cotton gauze or thin muslin next the skin, and then donning the silk or wool vestments. It should not be necessary to tell our readers that in cold climates, men, women and

children should wear heavy woollen or silk undergarments for at least six months of the year, and lighter weights the remaining six. But one reason for doing so is, that there are a few people who fancy they can harden their systems and constitutions to endure, without deterioration, the severities of such climates, and in the attempt, lay aside or never adopt all the protection demanded by Nature. All such foolish efforts are attended by an expenditure of nervous energy which could be advantageously applied to many worthier ambitions. Nervous energy is equivalent to life force, and to endeavor to sustain it without the aid of proper clothing, simply means gradual or, not infrequently, precipitate self destruction. When we consider how many of the world's poor yearly succumb to the exhaustion of vital force which has been proved as resulting directly from lack of proper clothing, it seems not only the sheerest folly, but absolute rebellion against Nature, to deprive one's-self of the most powerful weapon in the struggle for existence, with the expectation of controlling or outwitting her laws. This protest applies as well to outer as under clothing, and in the former regard is addressed more particularly to the female sex, who are strangely perverse in the matter of wearing proper wraps and street garments. But this we will discuss later on. A great mistake, made universally by the weaker sex, is the doffing of thick underwear too early in the season, even before the penetrating, disease-producing, disagreeable March winds have subsided. This change, in climates having late springs is, certainly dangerous if not detrimental to health. The prudent make the transition gradually, by having three grades of underclothing—heavy, medium and light, and

they rarely suffer the consequences of an injudicious change.

In mild climates, where heavy undergarments cannot be worn, light merino or gauze takes their place, unless the temperature is such as to make underwear seem unnecessary. But even under such conditions, hygienically considered, thin woollen gauze, or silk, cotton, or lisle thread garments should be worn next the skin, as they prevent a too sudden cooling of the body when the latter is overheated and profusely perspiring; and in addition they protect the outer garments from becoming soiled by direct absorption. Many a handsome dress is made unpresentable across the back and shoulders and over the tops of the sleeves by an absorption of perspiration, no protecting garment being between it and the skin. A gauze vest offers sufficient protection, and instead of making the wearer feel warmer, it really adds to her comfort by removing many of the unpleasant results arising from perspiration. These gauze vests may be found in all three of the materials mentioned. A very popular undervest for summer wear is made of lisle thread, woven like ribbed hosiery. It clings closely to the figure, adding no bulk whatever to it: nor does it produce a greater feeling of warmth even in the hottest climates. Lisle thread is simply cotton which, after it is spun, and twisted, undergoes a singeing process which denudes it of fuzzy fibres and leaves it clean and smooth. When woven, the absence of the fibres gives it a glazed effect and renders it cooler than the ordinary cotton ribbed garment which always has a fine, fleecy texture.

In selecting vests for winter wear, those having sleeves should be chosen, as the upper part of the arm is usually

sensitive to cold, and its exposure frequently leads to rheumatic troubles. In warmer weather lighter garments without sleeves may be worn without danger. Woollen under drawers and skirts should also be worn until the temperature of the air is such as to render them uncomfortable, when they may be laid aside, one garment at a time, the change being thus made gradually. The matter of wearing a separate vest and drawers or a combination garment must depend wholly upon individual preference. Hygienically considered, one has no particular advantage over the other; but from a fashionable standpoint, the combination garment adds less bulk about the waist and hips. Physicians aver that all people over forty years of age should wear flannel or woollen undergarments next the skin, if possible, and also young people who are delicate. As youth vanishes artificial heat has to be more and more depended upon to keep the temperature normal. The same is true with regard to delicate people, whose blood supply is limited as to quantity and quality. Both the elderly and the delicate young are more sensitive to the changes of heat and cold than the robust young, and only by the proper protection afforded by suitable clothing can they reasonably expect to escape the disastrous consequences of encountering the dangers of a variable climate and inclement weather.

To equalize the temperature, it is advisable to wear during cool and cold weather merino hosiery or, better still, heavy wool stockings. Some people, from a sensitiveness of the skin, cannot wear either next the person, but a pair of thin gauze stockings drawn on first will enable them to wear the woollen ones with comfort and profit to themselves. And so, when the whole person is thus clad in

wool, it is almost a guarantee against the minor aches and pains which afflict people who are not sufficiently clothed. Besides, such clothing keeps up the vitality, which is always more or less diminished by the action of cold air upon the body, loss of vitality being followed by a wan and pinched look about the face and a bluish tinge upon the skin, and especially on the lips. These results are not conducive to personal beauty, even though the features be regular. The time has been when it was considered refined, lady-like, and even quite the proper thing for a beauty to look pale and delicate, to have no appetite and to be a drooping sort of flower too delicate to hold herself up without some support. The present race of men and women should be appreciative of the fact that they have left far in the past those follies of their ancestors and have become sturdy oaks and hardy shrubs full of life and vigor and health and happiness; and no little part of the change results from more rational habits of dress, a proper consideration of the matter of food, and a mutual indulgence in many sports and exercises that once were permitted only among men.

Regarding the color of woollen or other underwear, she who selects the natural or unbleached tints or the colorless garments is sure to be better satisfied after due trial, than if she chooses red or blue or pink or any of the fancy colors, for two very good reasons. From a peculiar sensitiveness of the skin many people cannot wear dyed garments next it, and especially is this true with regard to hosiery. The popular supposition that red flannel underwear is superior to white or other colors owing to medical properties incorporated by the dye, is fast losing its hold upon a confiding public. Suppose, for the sake of argu-

ment, that a garment of this color *were* "medicated," would not its very first renovation remove any medication that might have been possible? Then it would become valueless as a "medicated" garment and at the same time possibly prove irritating to the skin from the ingredients used to produce the brilliant tint; for such ingredients as salts of mercury, coal oil and aniline, all of which contain acrid and poisonous principles, are employed in red, blue, purple and violet dyes. Upon very sensitive skins these dyes produce various annoying and distressing effects, sometimes giving rise to painful cutaneous diseases, blood-poisoning and frequently a burning sensation as if the whole body, and especially the feet and limbs, were immersed in hot water. If, upon trying colored undergarments and hosiery, any distressing symptoms appear, immediately discard the colored clothing and wear white or natural tints. Black hosiery cannot be worn by every one for the very same reason, though many a sufferer does not know the occasion of the petty tortures and perseveres in the wearing of black hosiery. Experience is the best teacher, next to observation, and both form the foundation for the statements just made concerning the irritating effect of colored underwear, especially hosiery. The latter can be bought with white feet, and this makes it possible for those having sensitive skins to wear hosiery at least partly colored. The soles of the feet are more porous than any other portion of the person and are therefore capable of more absorption as well as of more excretion. The secretions thrown off by the soles of the feet rapidly decompose and become poisonous, and if cleanliness is not observed, the decomposed matter is taken into the system again by absorption, thus producing impure blood

and a tenderness of these extremities. This being true, it will readily be seen that the perspiration from the feet, acting as a solvent upon the dyeing matter of the hosiery, causes a double danger from poisoning by absorption. Some skins are not affected by dyes, and in such cases colored garments and hosiery may be worn without inconvenience.

It is said that the dyeing of wool for undergarments decreases its properties, as the dye dries out or neutralizes the natural oil of the fibers; and it is these oily fibers that render wool the best non-conductor of heat. It would therefore seem that red flannel or wool, even though "medicated," is less healthful than the same fabrics in white or natural tints. The original softness and fleeciness of flannel or wool garments may be very well preserved by being washed by the following method, given by a manufacturer: Make a solution of borax and water a little more than blood warm. Put the garments into it and allow them to soak for a short time. Then squeeze and knead them (never rubbing on a washing board) until the dirt actually falls out of them, as it will; for the borax uniting with the greasy accumulations left upon flannels the by the skin, will form a natural soapy lather that cleanses them as effectually as an alkali soap, and without the hardening effect of the latter. Where a garment is soiled in streaks, rub the latter between the hands. Rinse in water of the *same temperature* and *squeeze* the garments as dry as possible. Do not wring them. Then hang them where they will dry quickly. This method is said to prevent shrinkage, and to keep the garments soft and elastic. Some rheumatic people, with liberal ideas of cleanliness, renovate their flannels by

the dry process, claiming that water lessens the virtues of the fabric and its "medication," and renders the wearer liable to colds and an increase of the affliction. Therefore, after wearing a set of undergarments for at least a fortnight, they don a second set and hang the first one in some airy, sunny place for the next fortnight, by the end of which time the garments are pronounced fresh and clean and ready to take the place of the second set, which will in its turn now be aired. This is a rather old-fashioned idea, but one which is, nevertheless, more frequently practised than is supposed. If there is aught of virtue or value in the method, those of our readers who can conscientiously adopt the dry process of renovation are welcome to the suggestion. Lack of personal experience forbids, from a sanitary point of view, either our approval or disapproval of a method which, however, seems antagonistic to general and refined ideas of cleanliness.

To those who do not and will not, wear even gauze or lisle thread under-vests, a word or two is due, since they must make the most of what they do wear, to bring out what is best in the matter of health and looks. If the garment sometime since partly tabooed by fashion is the one worn next the skin, let it be of fine muslin, cambric or silk rather than of linen. Of course, the latter fabric is associated in the minds of those whose means allow and require them to spend money freely, with the "purple" of the rest of their raiment. It is generally softer than cotton, and for this reason surgeons prefer linen lint to old cotton rags. It is also the best conductor of heat among fabrics, and is therefore cooling to a wound. But for this very reason, together with its absorbent qualities, it

is the least advisable fabric for personal use next the skin. It quickly abstracts the heat and does not retain it, which of course makes it too cold for winter use. It rapidly absorbs and retains perspiration, thus displacing the warm, dry air which should surround the body; and when in this dampened condition, it very rapidly conducts the heat from the body, thus lowering the vitality. Therefore, from the facility with which it absorbs and retains moisture, and the increased power it thus acquires of also rapidly absorbing animal heat, linen worn next the skin is very apt to produce colds. Besides, the clammy sensation it produces is as disagreeable as the results of its use are injurious. Cotton, being an excellent non-conductor, is a favorite fabric, especially in hot climates, as it is not as absorbent as linen and is less disagreeable from an absence also of the other characteristics belonging to the latter. The fine cambrics and lawns from which underclothing is now made are far more conducive to comfort and health in the summer time, than corresponding garments of linen. It is certain that the selection of linen is not made from a sanitary or hygienic standpoint, but more from its associations—it seems to be a sort of heirloom, and like many another relic is chosen for that reason, regardless of other considerations.

China and India silks are thin and cool, and are extensively made up in the shops and at home into undergarments, and as there is nothing irritating in the presence of this almost diaphanous fabric next the skin, its wearing is productive of a peace of mind which invites not the wrinkles of frowns nor the expression born of annoyance and distress. It must therefore rank as one of the

beautifiers of the present day—an emollient for the disposition.

Petticoats are also made of Surah and glacé silks where the wearer can afford the expense, which is not very great considering the comfort of such a garment. Those for winter may be lined with cashmere, French flannel or some light wool material, and they are then very warm, as well as light in weight. The old-style colored petticoats dragged upon the hips and impeded the action of the limbs, especially where a woman thought it necessary to wear two or three of the clumsy articles. Now with light, soft underwear of silk or wool, an underskirt of woven, crocheted or knitted worsted and a petticoat of silk (made perhaps from an old silk dress) lined as suggested, she feels little weight upon her hips and can walk easily and gracefully, while she is also warmer than when swathed in balmorals or two or three stiffly starched muslin petticoats. The fashionable woman of the present impatiently waves aside those rattling, starched affairs as unrefined, and clothes herself in clinging silks if she can afford them. If not, her petticoats are of mohair or alpaca, lined or unlined, according to the season of the year, and simply trimmed with a plaiting and fold at the foot. There is but little weight to these garments, and, from their wiry texture, they are even easier to walk in than silk and shed the dust quite as readily. Both are healthful and cleanly, and they go far toward making up the *tout ensemble* of a well dressed, well bred woman whose movements are easy, silent, graceful and refined.

Of the dress itself, we can only suggest that it be suitable in texture and color to the season, and that it be

made up so that its skirt will be as light in weight as possible. If, owing to the style of the dress, the skirt portion will necessarily be heavy, add shoulder straps to it so as to relieve the hips of some of its weight.

The first of the above principles must be applied to wraps and outside garments, and the toilet should be so made as to, as nearly as possible, equalize the protection afforded by the various costumes. To take off a long, heavy garment worn a part of the day, and don a short one, renders one liable to those enemies of beauty—colds. Or to change a heavier for an altogether lighter one in order to complete a more dressy toilet, is one of the indiscretions of young ladies, who afterward pay the penalty by temporarily disfigured looks and enforced exclusion. Every woman and young girl is perfectly familiar with the whole list of such indiscretions, and with few exceptions, they continuously commit them in spite of the warnings of previous experiences; and it is simply because vanity overbalances judgment and common sense, that many a young girl becomes “delicate” or succumbs altogether to the sad results of this essentially feminine trait. Mothers, too, are not blameless in the matter and frequently set the example; and they sometimes lose control over their daughters, so that they receive obedience only when the command is in accordance with their youthful views and wishes. To such daughters we can only say: Dear girls, the wise mother who loves you, and has cared for you ever since you first opened your bright eyes, knows what is prudent and best for you. Perhaps she may be a little old-fashioned in her methods, but her concern is for your bodily welfare, and her love justifies her methods of protection. Listen to her, espe-

cially when you consider that your refusal to do so will cost her, perhaps, many a bitter tear or weary hour, and you, perhaps, your health and your life, or if not the latter, possibly your beauty.

In cold climates protect the throat, head and ears with knitted woollen scarfs, fascinators, caps or hoods. Never mind if you are obliged to "bundle up" and look ungainly for your ride or your walk. When either is over, you will be none the worse for the stinging cold and have nothing to fear from your exposure to it. In such climates see that the extremities are well wrapped and protected, as in them the circulation is the weakest, and they are soonest liable to succumb to the freezing atmosphere. Then chilblains follow, and so do months of suffering from the burning, stinging affliction. Let the shoes used for walking be broad and strong, with low heels, and made of material that will preclude the necessity for wearing overshoes. But, if they do not accord with these suggestions, be sure to put on the overshoes, wearing them only in the street—never in the house, as they are liable, from the close nature of their material, to cause more profuse perspiration of the feet, and thus keep the latter damp from the inside of the boot.

This chapter not only tells you what you ought to wear, but what we want you to in order to insure you health, beauty, long life and happiness. Upon health depend all the other desideratums mentioned, and only by protecting the system can you expect it to remain unimpaired or to recover from natural or acquired weaknesses. If you cannot be brought to consider the hygiene of clothing in any other way, then we must be bold with this truth—unless you care for your health in a proper and sensible

manner, do not expect to profit, to any great extent in the matter of beauty, by the instructions you will find later on in this volume for the foundation of beauty is good health and a sweet disposition—the former leading to a good complexion, the latter to the loveliness that ever lives.

CHAPTER XVII.

CLEANLY HABITS AND NEATNESS IN DRESS NECESSARY TO BEAUTY.

It has long been asserted that "cleanliness is next to godliness," and it must be also granted that the same qualification is essential to beauty. It is not merely the cleanliness resulting from various baths taken occasionally, but daily ablutions coupled with a reasonable fastidiousness concerning every detail pertaining to the toilet, that insure a return of charms which justly insist on being acknowledged. How often we hear this remark : "No, she isn't a bit pretty, but she always looks so clean and sweet that it makes her seem so." Then of some beautiful girl we hear : "Miss So-and-so is one of the handsomest girls I ever saw, but she is so untidy and careless that half her beauty is lost." Such remarks are common, and each should be accepted as a little sermon by every member of the gentler sex who numbers among her failings indolent or slovenly habits.

It is probable that many of the instructions and suggestions found in this chapter will be considered unnecessary and possibly commonplace, but through her indifferent performance of these very details of her toilet, many a woman loses ground in the good opinions of her friends and acquaintances. More serious still are the effects of this carelessness if she be married, for the hus-

band, who as a lover saw in his sweetheart a dainty, tidy, lovable girl, is quickly disenchanted when, as his wife, he beholds her in slovenly garments which are in full accord with a pervading untidiness of person. While men may grow careless themselves, they do not wish their wives to follow their example. To be sure, the example may be a bad one, but it affords no reason whatever why a wife should drop into the same state of indifference as to her personal appearance. It should, on the contrary, stimulate her to greater efforts in the way of neatness; nor should these be confined to her own case. If she cannot *coax* her husband back into careful habits, let her *insist* upon them as a matter of respect due her particularly, and every one else generally. It is not our object to create dissensions on this point in domestic circles, but to impress upon both husband and wife that individual and mutual happiness is jeopardized either directly or indirectly, when either, with no cause except disinclination, lays aside the scrupulous habits of past unwedded days and lapses into carelessness. The latter is often the beginning of indifference, born of mortification over the personal condition of the "other half" of the family. The old saw, concerning the flight of love upon the appearance of poverty might be advantageously supplemented by the addition, "and personal carelessness;" for the latter often has quite as much to do with the retreat of Cupid as poverty. On the contrary, the little god aims his arrows more often at the girl who is tidy and sweet and fresh-looking, than at the beauty who has no recommendation except her pretty features. So, mothers, educate your children to habits of neatness; and, girls, if this education in your case has been neg-

lected, take it up at once on the principle that "it is never too late to mend."

Beginning the reformation with the early morning, on rising take some sort of a bath, even though it be but a thorough cleansing of the face and neck, hands and arms, unless a bath has been a pleasure indulged in just before retiring the night before. In that case the ordinary morning ablution will be sufficient. Before wetting the hands, remove from the finger nails any foreign substance underneath them, using an ivory or wooden pointed nail-cleaner, a tooth-pick or a sharpened match for the purpose. During the ablution make a vigorous use of the nail-brush in order to remove all the particles remaining under the nails, since uncleanliness in this respect is as evident as it is unsightly and repugnant. Next take your tooth-brush and thoroughly cleanse your teeth, using your favorite dentifrice, or any of those hereinafter suggested; or if you prefer it use Castile soap, rub your brush once or twice across the cake. This will fill your mouth with a soapy foam which may not be agreeable to the taste, but is very cleansing as well as antiseptic. By antiseptic, as here used, is meant that the soap has a direct corrective action on decomposing or decaying matter that may be located in any of the interstices or cavities of teeth which have not been properly attended to after eating. To remove the taste of the soap, rinse out the mouth with clear, cold water, or water in which are a few drops of peppermint or camphor; or use a mouth wash made from some of the recipes appearing later on in this volume.

It is with a sort of diffidence that the combing of the hair is next directed, as this detail of the toilet is generally

performed, after a manner, even though teeth and nails are neglected. But the instruction is not impertinent nor superfluous, though it may seem to be to those who always appear at the breakfast table with their locks in order for the day. It is to those who do not that we say: Next comb your hair. Far too many girls and women hastily twist up their hair into an unsightly, untidy knob and insecurely fasten it with a single pin. Even worse, those who retire with it as it was dressed for the day, do not comb it out in the morning at all, but with a brush and a pat or two of the hands smooth the loosened hairs a little and make their appearance with a frowsy-looking head all too suggestive of the fact that indolence has been their maid at the morning toilet. On retiring, take down your hair, comb and brush it out, and then plait it in a loose braid and allow the latter to fall unconfined. In the morning comb it neatly and see how much more comfortable you will feel, how much tidier you will look. Both have their advantages—one from a sanitary and the other from a social point; and neither should be ignored.

If nothing compels you to make a complete toilet for breakfast, and you are thus enabled to don a wrapper and put on slippers, see that the former is whole and clean and the latter are neither run down at the heel nor out at the toes. Both these portions of the toilet have played important parts in the history of many a woman's life, both before and after marriage, their neatness or the reverse being considered typical of general tendencies in the girl which become habits in the woman. A girl with even a little ingenuity, some money and plenty of time can have no excuse whatever for appearing at the breakfast table

in an old waist, out at the elbows and innocent of *lingerie*; or a wrapper with a soiled front and frayed hem; or a garment which has in various places along its seams parted company with its linings. Her fair, pretty face will not subdue this multitude of defects in her toilet, nor raise her beyond a consideration of the deficiencies of her character made so plain by the inexcusable dilapidation of her garments.

Her dainty foot, too, will lose its charm when the slipshod coverings, in themselves rusty and ragged, disclose faded hose, once fine and whole, but whose open-work pattern is now supplemented in various locations by the disintegrations of wear and indolence. Perhaps the suggestion may not be palatable, and neither is the wholesome medicine necessary to correct a disorder of the body; but, girls, keep your hosiery in repair, even if you take some of the time you intend devoting to the elaboration of a new costume, to darn these important factors of your toilet. A tiny hole, when first discovered, needs but a stitch or two to repair it. If neglected, however, it soon enlarges until nine stitches will be needed, and they will not be sightly and may, besides, hurt sensitive, tender feet, where one would not. Many young ladies, we are glad to note, are taking up the old art of mending by darning, and evince as much pride in showing neatly mended articles as skilfully wrought fancy-work. A few who prove particularly expert and are glad to turn their skill to some account, add considerably to their pin-money by darning and mending the delicate hosiery, laces and linen of those who wish such services rendered.

Not infrequently a richly dressed woman enters a shoe store (and probably less fortunate women do the same),

and when her shoe is removed to try on a new one, the wonder among those who serve her is, why she did not first invest in new hose or have heels and toes added to those she has on. Except to the very careless or indifferent, the consciousness of walking about in hosiery that has succumbed to friction, is annoying and mortifying; and should accident disclose its disintegrated condition, the wearer is certain to suffer depreciation in the estimation of the discoverer, be the latter man or woman. A man with no womankind to look after his welfare wears undarned socks with an indifferent sort of resignation; but he who has a wife becomes imbued with quite a different sort of feeling when from the interior of his hose his heels and toes begin exploring expeditions through unwelcome apertures which are too often unheeded by the feminine head of his household. The train of thought which connects the unmended socks of a husband with the beauty of his wife may not seem quite clear; but if a husband finds no occasion for rebukes and angry words, then the possibility of frowning wrinkles and sullen expressions upon the wife's face becomes lessened; and in preceding chapters it has been shown that every unpleasant emotion leaves its indelible impression upon brow or cheek, or lips or eyes; and as this book is for young wives as well as maidens, and for mothers and matrons too, the seemingly irrelevant suggestion may not come amiss.

If, however, you are going to dress for the street and have not "dusted" your gown and coat and hat, as you should have done when last you wore them, make a vigorous use of the whisk broom, especially at the bottom of the gown, and see that its braid is neither frayed nor

detached, that none of its hems or facings are falling from their proper places, and that its draperies have not become loosened. When a button on your dress or coat wears off at the edges or suddenly disappears, replace it at once, and let none of the others hang by single threads. Let the ruche or bands at your throat and wrists be as immaculate as the linen of your most fastidious male acquaintance, and see that your hat is as free from dust as his, and that all its decorations are securely moored. The prettiest craft that ever sailed the seas loses half its charm and most of its interest unless its decks are tidily kept and its rigging is in perfect trim ; and the same is true of all the feminine craft upon the sea of life.

And just here a hint or two about petticoats. If they are of the orthodox white muslin variety, you cannot be too careful about keeping their edges unsoiled, nor in removing them as quickly as possible when they have arrived at the "draggled" stage. A white petticoat bordered with an inch or two of mud or thick dust, or more, as is often the case, is one of the most unsightly, untidy garments a woman is ever guilty of wearing. A white petticoat has been the ideal garment for generations, but one whose purity has been sullied by contact with dust and mud, loses all its ideality and becomes a serious detraction to the toilet of any woman, be she beautiful or plain. Colored skirts have their advantages for street wear, since they do not show soil as easily as a white skirt ; but even they may become unsightly, and certainly uncleanly, if too long worn without renovation. Dress reformers and their disciples endorse most heartily the divided petticoat, a garment now well known to nearly everyone. It is like a very wide pair of drawers—a sort

of skirt for each limb—and may be suspended from the corset-cover or underwaist to prevent it from sagging below the convenient length for walking intended. Most of its wearers are enthusiastic over its advantages—especially ladies who play tennis and indulge generally in athletics and pedestrianism. Its hems seem to have no affinity for mud, and it in no way restricts the movements of its wearer.

A word or two also about your boots. After wearing them all day, they are sure to be dusty and dingy and possibly out of repair in the way of loosened buttons and a broken stitch or two down the insteps or at the backs. Give them a good brushing and rub them well with a flannel cloth, breathing on them occasionally; but do not use polish upon them until they can no longer have any claim to original freshness; then apply the best you can find. Having brushed and cleaned your boots, sew on the loosened buttons and supply any missing ones, and your boots will then be perfectly presentable, and you will not feel that they are “shabby.”

Regarding gloves, it is not economy to buy a poor quality, nor is it conducive to neatness, since they soon rip or tear, and frequently the quality of kid in a cheap glove is so poor that a broken seam or place cannot be neatly mended. When a glove begins to rip, immediately turn it wrong side out and sew the ripped seam on this side. The result will be neater and stronger. If the kid proves too tender, put a bit of silk or a piece of kid from an old glove under the break and fasten it as neatly as possible as a sort of reinforcement. An ingenious lady “button-holes” the edges of a rent in a glove and then “over-hands” the button-holed edges together through the

stitches. Her gloves are always neat and last longer than do those of most people. A Frenchwoman's idea of neat dress is to be well shod and well gloved, and then the possible inexpensiveness of the rest of her costume will be of little moment; and we must agree with her that a simple costume completed with neat gloves and tidy boots is far more attractive than a rich gown on a woman whose gloves are out at the fingers or buttonless, and whose boots are down at the heels, dusty and otherwise unattractive.

A popular woman lecturer says: "Women often dress themselves to accord with their morning moods and come forth arrayed in some ill-fitting garment whose outlines are in keeping with their feelings and so distort the symmetry of their figures, whose 'gringiness' represents the cloudy, fretful condition of their minds, and whose tattered edges and broken seams are typical of the temporary state of their thoughts. By and by, having revelled in a sort of misery for some hours, social necessities compel them to put their persons in order, and by the time a neat and pretty toilet is concluded, the dull, irritable, unhappy mood has vanished, and the real sunshine of the disposition has driven every frown and wrinkle and scowl from the face." It follows, therefore, if this is true (and the writer is able to corroborate it), that it is advisable to always make as clean and tidy a toilet as possible on arising in the morning. Beauty in a print gown and a happy mood will wrest the palm from beauty who frowns and sulks, even though she lounges about in a costly robe which may or may not be open to criticism regarding its tidiness.

In the various other portions of the toilet scrupulous cleanliness should be observed. Dingy undergarments, and especially those coming in contact with the

skin, require, for obvious reasons, frequent changing. Aside from actual cleanliness, the health requires it; and there is no one but feels an increase of respect for herself when she has stepped from her bath into pure, clean garments. Another point which must be mentioned in this connection is the protection of the waists to dresses by the addition of shields under the arms. A dress worn without them soon becomes disfigured and otherwise objectionable. There are, however, ladies who cannot wear the rubber or oiled silk shields ordinarily used, on account of a peculiar sensitiveness of the skin, but whose dresses need some protection of the kind. Thick flannel cut into the regular shapes and basted into the dress will ordinarily prove sufficient; or an old merino undergarment or stocking may be used in place of the flannel, and either fabric may be removed and washed as often as necessary. A little sachet-powder sprinkled between two layers of flannel or merino cut into shields or protectors is an agreeable addition to a dress waist; or small, thin pads of cotton, similarly perfumed, may be sewn here and there to the interior of the waist.

A subtle fragrance may be imparted to all the clothing by strewing scented sachets throughout bureau drawers and trunks, or wherever the personal linen is kept. One beauty whose love for Eastern perfumes is well known, burns Oriental pastiles every now and then in the closet where hang her gowns, keeping this incense all within by closely closed doors. The faint pungent odor clings to every garment and pervades her very presence at all times.

Avoid using strong perfumes of any kind, and apply those you do use anywhere except on your handkerchief.

The charm of perfume is now supposed to consist in a sort of mystery as to its location. It must seem to be a part of you; and the custom is certainly refined and attractive. Summing up the intention of this chapter, it may be put in a few words, and, if heeded, it will certainly add to the attractiveness of any individual, regardless of looks, age or sex: Be fastidious in your personal habits and dress, leaving no room for rebuke or criticism as to your neatness; you will then have gained a point which the untidy will never obtain, be they ever so lovely in form and feature; for you will have respect added to admiration.

CHAPTER XVIII.

GENERAL CARE OF THE SKIN : ANTIQUE AND MODERN ARTS.

WHO does not admire a smooth, satiny skin ? Not that upon the face alone, but that of the neck and shoulders, arms and hands. And how often do we see a face all pink and white—though a celebrated artist and lecturer says, “there is no such thing as a pink and white face”—which looks as soft as the petals of a rose, but which is set above a neck and shoulders that are yellow and dingy, and sometimes red and rough ? The sight compels one of two inferences : either the face receives so much attention, in the matter of massage and other applications of the toilet, that no time remains for equivalent ministrations to the rest of the person, thus leaving its skin in an inactive condition : or, it may be that under the bloom of the face hide the same defects which appear elsewhere as the result of a deranged system that needs the attention of a physician. The skin is the thermometer of the body, showing by outward signs just what its condition is. If specks and spots appear, even though the bath be frequently taken, then the trouble lies deeper than the skin and requires internal remedies. A very old-fashioned one, belonging to our grandmothers’ list of spring medicines for the blood, often proves efficacious in removing humors which come to the surface of the body. It is composed of

Powdered sulphur,	2 ounces.
Cream of tartar,	1 ounce.
Molasses,	1 pint.

Mix until very smooth, and take a table-spoonful three mornings in succession; then omit for three mornings, and take again for three more, thus continuing until you have taken it nine mornings. After a week or so you may repeat the doses. Sometimes the medicine is taken every other morning for a fortnight or more, but the first method is the one actually belonging to the old remedy. Do not begin to take it in cold weather, and during its use avoid getting into draughts or profuse perspiration, as sulphur freely opens the glands and pores of the skin and colds are then more easily contracted.

Another home remedy for spring use in place of sulphur consists of the following ingredients :

Rochelle salts,	2 oz.
Cream of tartar,	1 oz.

Pour on them a quart of boiling water and allow the mixture to cool. Strain and bottle; and each morning before breakfast take a wine-glassful of it. This cools the blood, tones the stomach, and prevents the eruptions and irritations which appear on the skin when the blood needs thinning and cooling.

A family medicine to be prepared at home or by some good druggist, and said to be better for purifying the blood than any remedy sold, is made as follows :

Mandrake root,	1 ounce.
Dandelion root,	1 ounce.
Burdock root,	1 ounce.
Yellow-dock root,	1 ounce.

Marshmallow,	1 ounce.
Turkey rhubarb,	1-2 ounce.
Gentian,	1 ounce.
English camomile flowers,	1 ounce.
Red-clover tops,	2 ounces.
Prickly-ash berries,	2 ounces.

After washing the herbs and roots and putting them into an *earthen* vessel, at night, pour over them two quarts of water that has been boiled and cooled. In the morning let them steep, *but not quite boil*, for five hours. Strain, add half a pint of good gin, bottle, and keep in a cool place. Take half a wine-glassful twice daily. It is said that this medicine, taken as prescribed, will heal malignant sores, if the latter are first washed with Castile soap, dried and then washed with a strong tea of red-raspberry leaves. The virtues of the ingredients of these bitters are well known, and the herbs and roots may be easily obtained anywhere in the country or at the druggist's. The trouble of preparing the mixture is slight, and altogether it seems a highly recommendable medicine. Certain it is that if it does no good it can do no harm, and it may greatly improve the skin.

Still another remedy, simpler, but containing some of the same ingredients and said to be infallible in removing or preventing rashes and eruptions, is compounded of

Extract of taraxacum,	.	.	.	1-2 pint.
Extract of mandrake,	.	.	.	2 drachms.

Dose.—One tea-spoonful three times daily after meals.

This mixture is to be taken for a month, and with it, two charcoal tablets before breakfast each morning.

When eruptions of the skin will not yield to these

simple remedies, the doctor should be consulted. And now, having suggested remedies for those blemishes of the skin which baths will not correct, we return to the original intention of this chapter in discussing the external treatment and care of the skin. The latter, in its entirety, may be made as soft and satiny, as clear and beautiful as that of a child, provided it receives proper ministrations and attentions, and if the person is in good health and possessed of a good digestion.

As elsewhere stated, the whole skin has a vast drainage tract under its surface, while the latter is, invisibly, a perfect sieve of minute pores, through which immense quantities of effete matter are being constantly discharged, unless these little openings are obstructed. When such is the case, the pent up matter is forced in unnatural directions or else festers or hardens or remains to disfigure or discolor the cuticle or scarf-skin. It is just under the latter that all impurities and discolorations rest, and it is also this scarf-skin that in youth often becomes rough, leathery-looking, wrinkled and stippled —all because the glands underneath it are inactive from a deranged inner condition or a neglected outer one. Therefore, with the assurance of perfect health, the first step toward obtaining the desired soft, satiny skin may be suggested by paraphrasing an old quotation : Let your first effort be baths ! your second, baths !! your third, baths !!! Their hygienic importance has been fully explained and their variety enumerated ; but they must again be mentioned as direct beautifiers of the skin, and also as a medium for imparting the nourishment which is as necessary to its healthy condition as sustenance is to the body.

Of the functions of the skin only three have any very direct connection with its care and appearance. These three are *excretion*, *absorption* and *regulation of temperature*. Regarding the first, it has been explained how necessary it is to health and a clear skin, that the process of excretion, or throwing off the waste material of the system, be unobstructed; and the main hindrances to the perfection of this process may be removed by the same means that secure a proper condition of the second function, absorption. Before discussing the latter it may here be said that the normal temperature of the blood and the internal parts of the body is 98.4° Fahrenheit, and that a maintenance of this degree as far as possible is necessary to a clear healthy hue of the skin. If lowered to any extent the skin looks blue and withered; if increased, the angry red of a fever comes to the face and all the skin is dry and parched. Therefore, it is essential that a normal temperature be maintained. Anæmic individuals should take extra care in this direction, since they are easily chilled. Those of a sanguine nature must endeavor, by diet and ordinary habits, to control the upward tendencies of their temperatures, since indiscretion in eating or exercise increases their normal heat very quickly and frequently with disagreeable and sometimes disastrous results. The skin is a sort of self-adjusting apparatus in regulating and maintaining a uniform temperature, and should therefore be kept in an active condition to prevent any interference with its natural functions.

Turkish and Russian baths are the ones generally considered most efficacious in clearing the pores and skin of any obstructing excretory matter, unless some

difficulty of the blood exists. In the latter case these baths will need the assistance of an internal purifier, as previously suggested. A Turkish bath, by dry heat, induces copious perspiration, and all the sweat glands become active and quickly discharge their contents, thus clearing the whole drainage tract of the system. The Russian bath does practically the same thing, except that the efforts of the sweat glands are assisted exteriorly by the vapor or steam of the hot room. Either bath, however, leaves the skin in an active and receptive condition, the latter being favorable to the administration of the Roman bath. This bath consists of an inunction of some pure, bland oil,—almond, cocoa or highly refined olive oil,—and sometimes of pure vaseline, which may or may not be delicately perfumed. It is thoroughly rubbed into the skin by a massage process, until wholly absorbed, leaving no trace of its presence except a velvety softness of the cuticle and a subtle odor of perfume. The skin, needing sustenance the same as the system, may be improved by the result of inward tonics, but its natural oil-supply needs reinforcement now and then by the application or bath above recommended. This provides nourishment for the skin corresponding to that which sustains the system in general; and while a great majority of humanity may never thus minister to the demands of the skin, those who do will be rewarded by its increased softness, its firm yet flexible texture, and its evidences of greater vitality. But genuine Turkish and Russian baths may not come within the reach of many who wish to take them. Their substitutes, described in the chapter on Baths, may be taken in the humblest cottage in the land; and no one is so remotely situated that she cannot pro-

cure the oil or unguent necessary to the Roman bath, or through her natural ingenuity find a substitute. So long as the oil is pure, sweet and readily absorbed, it does not so much matter as to its variety. The kinds mentioned are those most generally used in the regular bathing establishments.

In many Southern homes rubbing, a sort of amateur massage, is given three times a week to make the skin smooth, firm and white. The unguent used is vaseline, and only as much as will readily absorb. After this comes a rubbing with bay-rum which tones the skin.

Valuable information concerning the beautifying of the skin is found in the following extract, which is taken from an authentic work on the subject. The writer says :

“To make the skin elastic and aid in removing the unpleasant spots that appear on the back of the neck, an emollient bath is recommended; and this may be obtained by using a preparation of bran and barley, instead of soap. Boil in soft water a dozen pounds of barley-meal and four pounds of bran until the mixture becomes about as thick as a heavy oil. Apply this over all the surface of the body with a flannel cloth, and wash it off with warm water; then rub in some almond oil, take a quick bath, and dry the skin carefully—not as if you were rubbing a piece of satin, but firmly and softly, yet effectually. *The flesh brush is not advised for women with even ordinarily sensitive skins, unless, indeed, they have become accustomed to its use.* If one has not been in the habit of using it, it is very apt to hurt the skin, shock the system and do more harm than good.”

A later device to produce the same result has been adopted by our belles and beauties who are desirous of

having a satin-finished skin. Into the warm water of their bath they throw a cheese-cloth bag filled with almond meal, whose softening properties are thus directly communicated to and absorbed by the skin. Or the little bag may hold the fine shavings of some pure, bland soap, which when shaken about produce a creamy lather, thus giving the skin all the benefits of the cleansing properties of the soap without direct contact. Occasionally the bag holds both almond or oat meal and the shavings from Castile soap. The bran bath is both stimulating and softening when taken as follows: Stir a peck of bran into a tub of warm water and then proceed in the customary manner, except without soap. The rubbing of the scaly particles of the bran cleanses the skin, while the gluten softens and strengthens the tissues. If the bran is put into a bag, only the benefit of the gluten will be derived. Oatmeal used in this way is even better than bran, as it contains a small amount of oil that is good for the skin.

Borax, added to the bath in sufficient quantity to make the water feel silky, will make the skin lustrous, and as it was used by the women of Egypt, who extolled its value for this purpose, it certainly has the recommendation of ancient favor. A little ammonia also makes the water feel very smooth, but it has a drying effect on the skin from the completeness with which it neutralizes oily exudations. Therefore, unless one has a very oily skin or suffers from excessive perspiration, its habitual and free use is not recommended.

A bath may be rendered medicinal in its effect on the skin by mixing thoroughly with it glycerine, cocoanut oil or any emollient substance. This is seldom done, however with oils, except in the bowl of clear water in which

the face, arms and shoulders are to be bathed; but frequently three or four ounces of glycerine are added to the bath proper, to make the skin soft; or, a wine-glassful of alcohol used in clear water after the bath, for rinsing purposes, will be found an invigorating addition. Toilet waters are also stimulating when rubbed into the skin after a bath. From the authority just quoted the following extract is taken :

“A bath that will give tone to the skin and aid it in performing its functions, is very simply prepared. It was highly esteemed by beauties of bygone times and was mentioned in the oldest toilette-books. It is simply to take every day or three times a week a bath of tepid water, into which has been put half a-pint of pure vinegar. For one who is very nervous, a sponge bath is more desirable than any other; but, if taken in this way, the effect will be equally good. To make clear, firm and smooth the face and shoulders, use a mixture that was known to many an ardent follower of the Stuarts, as well as to many of the maidens who accompanied Marie Antoinette to prison. In their days the patent laws did not exist, and so you are at liberty to make this for yourself, as did the dainty ladies of ye olden time. Take equal parts of white vinegar and benzoin, steep the mixture eight days, and then strain it and bottle. A few drops are to be put in the water, which will become a milky white; then it may be used for the face, shoulders and arms.”

Carbolic soap is a valuable remedy for removing rashes, eruptions and pimples from the skin, where there is no serious internal cause for them. Also, a few drops of carbolic acid added to the bath will cool and heal

eruptions, and frequently, after two or three applications, drive them away. The odor of this soap and acid is not agreeable, but it soon evaporates or disappears, and its presence may be concealed by the use of some perfumed toilet water.

The use of soft water has been recommended for all baths, and the results of hard water have been detailed. It is certain that each shows very evident results upon the skin, the former leaving it pliable and fresh, the latter, unyielding and wrinkled. The bather, therefore, must not expect an improvement in the fineness and whiteness of her skin, if she uses hard water. If she does so from necessity, her surroundings are to be regretted, and she must make the best of the situation by boiling the water or using borax or ammonia to soften it. Rain, spring or brook water are generally easily obtained, and even though it entails a little trouble to procure them, the advantages accruing will more than repay the extra labor.

Distilled water is said to be the best whitener of the skin, but if purchased it is expensive. A small still costs but a few dollars and will supply all the water needed for family use. A simple substitute is a tea-kettle having a close lid. A gutta-percha or lead pipe is attached to the spout and passed through a vessel of cold water to a jar, which will hold the distilled water. The latter is the steam condensed by passing through the cold water in its transit from the kettle to the jar. In steam-heated houses distilled water may be amply provided by adding a pipe to one of the tubular heaters, that will carry steam into a cooler, from which pure water may always be obtained.

In ancient days the high-born dames of Rome and Athens took baths in milk, which was supposed to give the skin a peculiar softness and freshness unobtainable by any other method. Owing to its nourishing properties, it may have, by absorption, invigorated the skin. Madame de Genlis relates that on one occasion she fancied trying such a bath and, procuring twenty or thirty gallons of the fluid took a royal bath. Her sensations for hours afterward she described as most pleasant and exhilarating.

So essential to her comfort did the Queen of Naples consider such a bath, that she denied herself a visit to the Court of St. James because she was told that in England she must forego this luxurious habit; and it is related of still another royal dame that she consented to temporary seclusion in an adjoining country only upon the condition that she might be allowed to take with her a large herd of cattle to supply her with milk for her daily bath. Whatever may be the truth with regard to the virtues ascribed to it, the baths of the present time seem quite as beneficial and are certainly more cleanly in some respects. Those who regard ancient customs as best, may experiment with the milk, and for the purpose a sponge bath will do as well as the other variety.

In taking baths of any kind to improve the tone and color of the skin, much depends on friction. This should not be as violent as is often recommended, for the skin can be hurt as well as any member of the body. Soap and friction remove the deadened particles of the scarf-skin, but these particles should come off quite naturally and easily after the skin is thoroughly saturated, by ordinary friction. A rough but soft towel is the best for drying purposes; and the crash mitten, a soft brush,

or a strap of Turkish towelling with loops for the thumbs, are all suitable for the scrubbing process. One should be particularly careful not to use a harsh towel in drying the face, else the skin will soon assume a stippled, porous appearance that is ruinous to all claim to beauty. Rougher towels may be used for the body, but not so rough that their use brings the blood almost through the skin instead of just under its surface. After every bath we would recommend an inunction of the joints, shoulders, face, neck and arms with either fine oil or vaseline, well rubbed in, and afterward a similar rubbing with bay-rum or alcohol. The former softens and nourishes the skin, and either of the latter invigorates and stimulates it. Combined, the result is a smooth, satiny skin, with the glow of health under its purity.

CHAPTER XIX.

THE COMPLEXION: ITS GENERAL CARE.

“ Her face so faire, as flesh it seemed not,
But heavenly pourtraict of bright angels hew,
Cleare as the skye withouten blame or blot,
Through goodly mixture of complexion's dew.”

SPENSER.

THE above quotation proves that in olden days, as now, the beauty of a woman's complexion was an inspiring theme, for the poet who penned the lines lived in the sixteenth century. The writers of every epoch have touched upon the subject either poetically or historically, and beauties of various centuries have chronicled the arts by which they preserved and enhanced their attractions. Phryne and Cleopatra, renowned as the most beautiful women of the world, are said to have recorded the mysteries of their toilets, though it is asserted that Phryne used nothing but sea-baths to preserve her wondrous beauty.

The luxurious cosmetics and wonderful lotions of the Latin races have become matters of history, tradition tells of the arts of the Orient which were called into use to aid in beautifying the inmates of the harem, and the Anglo-Saxon races have lent their experiences to the literature of the subject. The desire to have a fine complexion seems to be hereditary, for since the days of Egypt's famous beauties, the women of every enlightened

race have made either a personal or general study of the matter and sustained a continuous effort with such means and ways as they could command, to preserve and beautify their complexions; but forgetting or ignoring far too often that the result aimed at cannot be attained by the application alone of lotions, unguents, emollients and creams. The French for generations past have made a specialty of applications for the complexion, and many of their valuable secrets have been imparted to woman-kind by Madame Récamier, Ninon de l'Enclos, Lola Montez and Madame Celnart. The last, a writer of note and brilliance on themes of the toilet, dress, deportment and kindred matters, was a firm advocate of the use of cosmetics; but in her day ladies had a sort of horror of the use of water, and though the Turkish and Roman baths were a part of the creed of the Roman woman's toilet, at the period mentioned they had not been again revived, not being considered necessary to the development of beauty nor understood from a hygienic standpoint. Ladies of the court of King George refused to wash their faces for fear of ruining their complexions. At the present time, however, the baths mentioned are looked upon as potent beautifiers of the skin, and it is probably owing to this belief and that of the benefits of facial massage, steaming the face and, in fact knowing how to wash the face so as to improve instead of injuring it, that cosmetics are now used with less harmful results than ever before. The cosmetics, too, may have much to do with these results, as many of them are composed of simple ingredients, although it is equally true that some of them are highly injurious.

The antiquity of the custom of artificially improving

the complexion, and also a punishment for deception of this kind in one of the centuries, is described in the following extract from a German newspaper :

“The art of beautifying the complexion by artificial means is very old. The women of gray antiquity knew how to give their cheeks the rosy hue which nature had denied them. In Nineveh the practice of enameling was quite common. The skin was made smooth and clean with pumice-stone and then covered with a layer of white chemical preparations. A toilet-case found in the ruins of Thebes contained a whole arsenal of little bottles full of perfumeries and complexion medicines. The women of Athens painted themselves with white lead and vermilion. The poet Ovid described various paints which were used by the Roman matrons, and complained that the women tried to imitate with cosmetics the rosy complexion which health alone could give. He also spoke of the deceitful pallor lent to their cheeks by white lead, and of curious methods they had of beautifying their eyes. Again he mentions that a pale face was a necessity for every woman who aspired to be ‘good form.’ Pliny speaks of a concoction of flour of peas and barley, eggs, hartshorn, etc., which fashionable women in Rome wore on their faces all night and part of the day for the purpose of clearing their skins.

“The custom of painting the face was brought to Gaul and Germany by the Romans. A few centuries later one hundred different salves for the complexion were sold in the German market. In modern times France has been the great manufacturer and consumer of cosmetics. In England, too, the use of them has been general. In

1779 the English Parliament found it expedient to consider a bill to the effect that 'all women, without distinction as to age or rank, maidens as well as widows, who should deceive the male subjects of his Majesty and mislead them into marriage by means of paint, salve, beauty water, false teeth, false hair, Spanish wool, corsets, or padded hips, should be punished under the provisions of the law against sorcery, and the marriage should be declared null.'

"A German statistician, who has accurate data concerning the use of cosmetics throughout the civilized world, estimates that the money which American women pay for cosmetics would pay for the painting of thirty-seven thousand houses at an expense of seventy-five dollars per house."

The statistics at the close of this excerpt may be to some extent an over-estimate, but that money is prodigally spent for beautifiers by American women, just as it is by women of all civilized nations and some of the barbaric ones, cannot be gainsaid. In some countries, however, the prodigality relates more to the application of the beautifier than to its cost, as may be inferred from the following extract from an interview with an educated Iceland woman. She says: "The ladies of that country never wash themselves from the time they are born till they die. The only thing they do is to anoint themselves daily with oil. They amuse themselves by sitting on the floor of their houses and looking at each other, while engaging in animated discussion as to the beauty of each other; and the one having the greatest amount of oil on her face is considered to be the greatest beauty."

The information contained in the first sentence was given upon hearing that many ladies of this country thought it injurious to their complexions to use soap and water, and therefore anointed their faces instead with cold-cream, almond oil, vaseline or some similar unguent at night, and simply wiped their faces in the morning with a flannel cloth. It will be seen that this custom savors of the barbaric and also of an unenlightened age and is one which, in the face of all the science now brought to bear upon the subject of the complexion, should have no adherents. It is not cleanly, and cleanliness is necessary to the health and beauty of the skin. None of the so-called "complexion artists" advocate the practice, but display considerable common sense in telling their patrons to wash their faces and how to do it, though it would seem as if in a civilized land women would not need such instruction. Still, as the washing of the face is now considered one of the prominent factors in the acquirement and preservation of beauty, it will be necessary to take up and discuss the subject in this volume whose mission it is to give all the help possible to women who wish to be beautiful.

Having previously explained how the emotions must be governed that they may leave no tell-tale lines, how the functions of the body must be kept in order by exercise, diet and cleanliness to secure good health—that primary foundation of comeliness—, a point is reached where more specific instructions will be necessary, since it is to the skin of their faces, or generally speaking, to their "complexions," that women pay most heed, some of them becoming veritable slaves in their efforts to either preserve a fine complexion or acquire one of noticeable beauty.

That baths are necessary to the skin of the body, to keep it healthy, elastic, rosy and vigorous, has been satisfactorily demonstrated by all writers upon sanitary and hygienic subjects. It is known that the friction of the clothing, together with baths, removes from the person in fine, scaly flecks, all deadened and useless particles of scarfskin, thus leaving the true skin clean and healthy and overlaid with the new scarfskin, which constantly reforms from its own under surface. Now the face, being habitually exposed and therefore subject to no constant friction, must necessarily depend upon that which it gets from the daily use of the towel to assist it in throwing off the deadened particles of its epidermis. This friction is a secondary assistant, for moisture is first necessary to the loosening of the quite invisible particles; and unless the face is washed the assistant holds a useless office. The thousands of little pores, from a daily application of unguents, become clogged both from inner and outer sources, and their excretions, seeking an outlet, return to portions of the person where, through the use of soap and water, the pores are unobstructed; and being by this time in a noxious state, the result is a crop of pimples upon the unobstructed tract or surface. This is one of the rules that work both ways, for, as explained in a preceding chapter, when the face is washed daily and the person neglected, then the excretion seeks its outlet through the only unobstructed pores, and pimples form upon the face. It thus becomes plain that cleanliness must be inclusive, and that the face must be as regularly washed as any other part of the person. It is not, however, advisable to wash it several times daily, unless such ablutions are made imperative by one's occupation; nor should it be

washed immediately before going out. But it should be kept clean, not only for the reasons suggested, but for others which will be disclosed as this chapter progresses.

Proper absorption cannot take place through obstructed channels, and it is by this process that the skin receives the benefit of any nourishing lotion or unguent applied for the improvement of the complexion. If all the sweat and oil glands are active, they the more quickly respond to such applications; but if they are closed or inactive, the embrocations might as well be applied to the glazed surface of a china dish as to the face, for all the aid they will give in improving its color or texture.

The care of the complexion is quite an art, but an easy one to acquire and follow with good results, if one is willing to give up any old-fashioned or bigoted idea that has governed her thus far concerning what is "bad" or "good" for the complexion. At no time in the history of the secrets of beauty has the treatment of the complexion been so reasonable, rational, philosophical and thorough as now; and when some of the brightest intellects of the age have lent themselves to scientific investigation and a deep study of the subject, clearing ancient information of injurious or useless matter and substituting the best disclosed by modern experiments, their teachings should be adopted without question.

As in all professions, those who make a specialty of the complexion differ in some points, but upon one they all agree—that the face *must* be washed with soap and water at least *once* every day. Of course, the soap must be pure and fine, and in a succeeding chapter upon the subject some recipes will be given whereby every lady will be able to make her own toilet-soap so that she may

be perfectly sure that it will not injure her complexion. She cannot properly free her face from the oily exudations of its pores without soap, any more than she could, without it, cleanly wash an oily dish. Agreeing upon this point, complexionists differ upon the matter of hot or cold water for the face. One says, "Never use hot water upon the face;" another, "Never wash the face in cold water;" and still another, "The face should be bathed in tepid water." Each offers his or her views and arguments in support of his or her instruction; and, listened to or read, each seems reasonable. But just as in the eating of a pudding lies the proof of its excellence, so by experimenting the most satisfactory theory may be demonstrated. This question of the proper temperature of the water in which the face should be washed has been so widely discussed and made the basis of so many experiments, that the following deduction, based upon general results, is offered, without the slightest hesitancy, as the most reliable and satisfactory method of cleansing the face with a view to improving and preserving the color and texture of its skin. It must be distinctly understood, however, that this is a method to which exceptions will have to be made, when, as before intimated, the daily occupation necessitates more than two ablutions during the day.

To *begin at the beginning* of a course of home treatment for the complexion, it will be necessary to *begin at the end* of the day, or bed-time. Each night wash the face and neck with very hot water and pure soap, making a generous lather, and rubbing it thoroughly into the skin with the hands. These are better than wash-cloths for this part of the process, which is intended to soften the

epidermis and open all its little pores. When the face has been well lathered, much as a barber lathers his customers' faces to soften the beard to be shaved, the wash-cloth may then be brought into use and applied with a moderate amount of vigor; but if it is rough in texture, use it judiciously, for the skin is a sensitive, tender structure that is easily wounded, and though it may show no immediate results, a later coarseness will prove the injury it has sustained. Flannel makes the best wash-cloth. When the face and neck are perfectly free from the lather, which is removed with the hands or the cloth dipped in the water, then rinse the face in cold water—not ice-cold, but water that has had the chill taken off. Then dry the face by rubbing it gently with a *soft* towel—not a rough one, roughly applied. This is an excellent method of cleansing the skin and at the same time preventing premature wrinkles and removing incipient ones. A few drops of eau de Cologne, toilet vinegar or spirits of wine put into the cold rinsing water makes the skin firmer, and many ladies never neglect its use.

Now that the face is clean, if it has a tendency toward roughness, a little fine almond-oil or cold-cream, or glycerine diluted with an equal quantity of rose or elder-flower water may be applied; but bear in mind one essential—it is not the amount applied, but the completeness with which it is rubbed into the skin that produces the desired effect. The skin must *absorb* it, not simply support it, if the emollient is to result beneficially; and it must therefore be most thoroughly though not roughly applied. In the morning wash in tepid water in the customary manner, using a little borax in the water in which the face is bathed, if any traces of the unguent used upon retiring

remain; but if this is entirely absorbed, the water alone will be all that is necessary and may be applied with the hands or the wash-cloth. A complexion artist who follows this method says, "In the morning I simply wipe off my face with a soft cloth wet in tepid water." Using hot water at night only is advisable, for it relaxes the skin and makes it slightly sensitive to cold. The relaxation is at once overcome by the "cold rinse," and then as the seeker after beauty immediately retires with her skin in its natural condition of health and the proper one of cleanliness, it has ample time to recover from its sensitiveness and in the morning will be fresh, sweet and vigorous. It is on account of the sensitiveness resulting from the use of hot water, that all authorities on the subject recommend the use of cold or tepid water for the morning ablution. Cold water braces and strengthens the skin for its encounter with a cold atmosphere, and renders it less liable to chap or become rough; but warm water must first be used to cleanse it. An extremely delicate skin may be further protected during the day by applying a very small quantity of cold cream, well rubbed in, and then dusting the face with rice powder.

Even if hard water must be used for the general bath, do not use it for the face and hands unless absolutely necessary. When no other water is obtainable, and one does not wish to take advantage of the expedients given below which are often resorted to by professional or very particular people, put a few drops of ammonia or a little borax into the water to soften it.

Many people when travelling cleanse their faces with a little alcohol and water carried all prepared. Others cling to the barbaric method before referred to and use only

cold-cream and a flannel cloth. This is excusable for short journeys, in view of the water generally supplied for the toilet on railway trains; but is not to be encouraged for any length of time. After a short journey or a drive, remove the dust from the face as soon as possible, as its presence is destructive to the texture and color of the skin; but do not attempt to wash it off with cold water, especially if the face is warm. This is one of the exceptions where a day ablution may and should include soap and warm or tepid water. It is, however, a good plan to first apply with the tips of the fingers a little cold-cream, and when this is well rubbed in, go over the face with a fine, soft towel. The cream opens the pores, and then the soap and tepid water cannot fail to remove all the dust. A dash of toilet vinegar, bay rum, eau de Cologne, alcohol or gin in the rinsing water will serve as a tonic on the skin and produces a refreshingly cool sensation.

It must not be supposed that an improvement in the appearance of the complexion will follow an irregular adoption of the suggestions herein given. Persistence that admits of no interruption must be the guide that will lead to apparent and good results. Daily rules must be inflexible, habits regular and healthful and the diet in perfect accord with the individual system. All these points have been explained before and must be insisted upon now, if our readers wish to improve their complexions and at the same time be able to favorably indorse the information so carefully selected for their benefit. When the blood is pure and the system in good order, immediate improvement will follow a proper cleansing of the face, and then may facial massage be applied so as to afford its fullest benefits. Two or three times a week will

be none too often at first, but after the complexion becomes smooth and rosy the face need not be *masséed* more than once a week. In the chapter on massage will be found full instructions for self-application; but where it is possible, it will prove of advantage to pay a visit to a professional *masseuse* and receive at least one treatment at her hands. The "knack" of rubbing and *masséeing* is better acquired from practical demonstration than by written instruction, though the latter in this instance is complete enough for the veriest beginner to comprehend.

Steaming the face, or giving it a Russian bath, is another method of cleansing, referred to elsewhere. It may be done two or three times a week, at bed-time or at any hour through the day if the person is to remain within doors for several hours afterward. Hold the face for about fifteen minutes over a vessel of boiling water that is kept at this temperature, covering the head and shoulders so that none of the steam can escape. In the meantime gently rub (upward) and manipulate the face in order to loosen and remove the deadened scarfskin, smooth out the lines and wrinkles (if the latter are present) and bring all the glands and pores into an active condition. This manipulation assists the escape of perspiration, and the latter and the steam have a wonderfully clearing effect on the skin. When the steaming is finished, shampoo the face with warm water and fine soap applied with the hands, rinse in tepid water and then in cooler water in which there is a dash of gin, alcohol, bay rum, spirits of wine, cologne or any toilet vinegar; or after the cold rinse apply a little alcohol and vaseline or almond-oil, or glycerine diluted with about three times as much rose-water. In the morning perform the usual ablu-

tion before suggested. Ladies who are too delicate to take Turkish or Russian baths, whose virtues as improvers of the complexion are none too highly extolled, are thus enabled to derive their advantages in this respect, with little trouble, in their own bedrooms.

CHAPTER XX.

THE COMPLEXION, CONTINUED : ITS GENERAL CARE.

SINCE the basis of all benefits to the complexion rests upon the foundation of excessive perspiration and continued moisture, the philosophy of clearing complexions by the mask process is made perfectly clear. True, the process is not very agreeable, but the dauntless maiden will no doubt be willing to submit to it as a means to a most desired end. A mask may be formed of a piece of chamois cut the size and shape of the face with apertures left for the eyes, nostrils and mouth. Wet the face with well diluted glycerine and lay the mask over it, pressing it down closely in every direction. This is said to be "a disagreeable but efficient way to gain a clear, smooth skin." As glycerine does not agree with all skins, any of the oils or unguents before named may be substituted for it. Never apply it full strength, as it is said to clog and darken the skin, making it yellowish in tint, and increasing any tendency towards blackheads. Diluted, it is agreeable to nearly every one, and rarely causes the irritation which frequently occurs when it is used undiluted by people having extra sensitive skins.

Another mask made of cotton-wool dipped in hot milk and worn for half an hour is sometimes used by ladies who are preparing for an evening entertainment. It is said to whiten the skin and nourish the tissues of the

face, thus crowding back for the time being, at least, lines of weariness, care or age. To rest half an hour daily, with the features relaxed and the face covered with a soft handkerchief wet in rose-water, is another method advised by a lady who practices it with the most flattering results in the way of a clear, fair skin. The old superstition concerning the beautifying effects of dew has not yet died out, and women are still found who throughout the summer wash their faces with napkins left out in it over night; while those fortunate enough to receive the ministrations of maids, sleep with their faces covered with handkerchiefs wet in the evening dew. The benefit, if there really is any, must arise from the purity of the dew, which is the product of Nature's distillery, and the moisture it adds to their faces; for of course, distilled water is the very best for the complexion, and the beauty of the latter also depends much on moisture. It is said there is "nothing like a Scotch mist for a Scotch complexion," and the theory holds true with regard to every country, so far as the complexions of its inhabitants are concerned. Moisture is absolutely necessary to a fair and perfect condition; and by the use of the simple steamings, massages and masks suggested, the influences of a dry climate may be largely counteracted. Wetting a mask of quilted cotton, therefore, in soft or distilled water, or in dew, and wearing it at night cannot but soften even the roughest face.

The grand ladies of ancient Rome wore face poultices of bread and asses' milk to whiten their complexions, and some of the English dames of the present day apply poultices of the house leek or onion for the same purpose. At least six weeks' time will be required to pro-

duce a noticeable improvement; and the latter will be aided by taking the taraxacum and mandrake prescribed in the chapter on the general care of the skin.

The mask is a sort of mild blister, which draws impurities and discolorations to the surface of the scarf-skin, which in its turn gradually scales off, leaving the new skin underneath fresh and clear. It is upon the same principle that most of the bleaching liquids for the face are prepared, but they are quicker and more painful in action, though the final result should be the same, since they simply remove the scarfskin, under the surface of which all the ordinary blemishes of the skin lie. While it is better to avoid their use if possible, women are heroic in their endeavors to become beautiful and will take advantage of every aid they hear of, and use whatever is offered as long as it is manufactured. Their main fault lies in an injudicious use of a remedy. They are apt, in their haste to become lovely, to disregard instructions and be lavish in the application of a remedy on the principle that if a little is good for them, more must be better. The result, in such cases, is painful for a time, and often conveys a wrong impression of a remedy safe enough when properly used. Poisons enter into the composition of many medicines, whether for external or internal use, but the physician knows the quantity that will benefit you if taken according to his instructions; but if you increase the quantity he prescribes for each dose three or four fold, you take a risk for which he is not responsible, since you have disobeyed his instructions. The argument holds good with regard to many of the beautifiers sold, though generally speak-

ing, none of them are to be recommended as safe, infallible or harmless.

A barley paste which will soon render the skin soft and fine is made as follows : Take of

Ground barley,	3 ounces.
Honey,	1 ounce.

Mix with the white of one egg to a paste. Spread quite thickly over the forehead, cheeks and nose on going to bed, laying bits of lawn or linen over the paste. In the morning wash it off with a sponge and warm water. For three or four weeks this should be used nightly ; after that once a week will be sufficient. Roman ladies used this paste and prized it highly as a beautifier.

Lady Mary Montagu used a vitriol wash to bleach her face, which acted upon the scarfskin the same as some of the modern bleaches. The solution was supposed to be made upon the following chemical proportions : muriatic acid, sixty per cent. strong, diluted in twelve parts of water. The application gradually eats away the epidermis, leaving the true skin pure and spotless ; but the process will be painful, and the patient may have to seclude herself for several days. Applied twice or thrice daily, the scarfskin reddens and blisters the same as when burned by the sun, becomes painful and sensitive, and finally turns of a brownish hue and scales off, just the same as a sunburned face becomes rough and scales off. Typhoid fever, though not recommended as a beautifier, proves one whenever its victim escapes with her life. It burns out all the noxious matter of the system, leaving the latter thoroughly regenerated, and after a time the fever-scorched skin peels off, leaving a new one as soft

as a child's. Taking then, the natural cautery of the outer skin as accomplished by the effects of the sun or fevers, it would seem that the artificial methods for obtaining the same results cannot be either as dangerous or reprehensible as is frequently claimed.

Sulphur vapor-baths are recommended for bleaching the skin, and the process may be assisted by an internal use of sulphur. This may be taken in molasses or in boiled milk, using two tea-spoonfuls of sulphur to a tea-cupful of milk an hour before breakfast. It is advisable, however, to consult a physician regarding the baths, as well as the use of the assistant remedy. Much is claimed for the remedial virtues of sulphur as a clarifier of the blood and skin, but a life-long bad complexion must not be expected to become one of milk and roses upon a short course of sulphur treatment. Patience will have to be a virtue that is an independent factor in every course of every species of treatment for the complexion.

It is said that a professional beauty whose complexion is dazzlingly fair resorts to the old Persian custom of sleeping with thin slices of raw veal fastened on her face by bandages of soft linen; and the practice is said, also, to ward off the coming of wrinkles. Another remedy, a favorite cosmetic or wash during the time of Charles II., is made by mixing fifteen drops of the pure, rich tincture of benzoin in a glass of water. The tincture turns the water milk-white and is a very bracing tonic for the skin, making it firm and white. This lotion is also a deadly enemy to the formation of wrinkles. An Italian recipe for whitening the complexion, said to produce a remarkable brilliance, is as follows: Take equal quantities of the seeds of the melon, pumpkin, gourd and

cucumber. Pound them to a powder, soften with cream, and thin to a paste with milk. Perfume with a grain of musk and three drops of oil of lemon. Anoint the face, neck, arms and hands at night, and wash off in warm water the next morning.

The celebrated Dr. Erasmus Wilson recommends, as of great efficacy in whitening the complexion, lotions containing citric acid. The latter is only the acid of lemons, and therefore the simple lotion given below will be found easy to make and as beneficial as more complicated ones. Take

Fresh lemon juice,	1 wine-glassful.
Rain water,	1 pint.
Ottar of roses,	a few drops.

Mix, and keep in a well corked bottle. Apply several times daily, allowing it to remain on the skin a few minutes before drying. Dr. Wilson also advocates using lemon juice internally; but if a person is lean or anæmic, she must use it sparingly, as it cools and thins the blood, and used to excess would prove debilitating. But the juice of a lemon in a glass of water, without sugar, is now and then very useful in correcting those derangements of the system which have a tendency to tinge or spot the skin.

Another remedy, before mentioned in connection with another corrective, is charcoal; but in this instance it is to be powdered instead of in tablet form. Take a tea-spoonful of it, well mixed with water or honey, for three nights in succession, and then use some simple purgative, such as rhubarb, magnesia or seidlitz powder, to remove it from the system. Taken in this way it acts the same as calomel, with none of the bad effects of the latter.

The laxative *must not* be omitted, otherwise the charcoal, poisoned by absorption, will remain in the system. When the latter has been thus purified, then tonics may be taken, and the complexion will soon show material improvement.

An old-fashioned remedy for whitening the skin is to steep an ounce of fresh horse-radish root for four hours in a pint of cold buttermilk; or, mix the juice of the root with twice the quantity of vinegar, and apply to the face two or three times daily.

The French consider the juice of the cucumber a sovereign cosmetic; but unless properly prepared and used, it may prove irritating instead of cooling. Express the juice from the cucumbers, and bring it to the boiling point over a quick fire. Cool it rapidly, and securely bottle it. One part of the juice to two parts of soft water may be applied twice daily.

The recipe for the famous milk of cucumber is given below. In making it be exact in the quantities, and mix the ingredients well.

“Blanched almonds, a quarter of a pound; juice of cucumbers (boiled a minute, then cooled and strained), one pint; spirits of wine (rectified), an-eighth of a pint; spermaceti and white wax, half an ounce each; essence of cucumber, one drachm.”

Mix by first melting the wax and spermaceti; then beat the almonds in a little distilled water, and add the cucumber juice, drop by drop. When reduced to a paste, strain through muslin; then add gradually the melted wax and spermaceti, stirring meanwhile; next, the spirits of wine, a drop at a time, still stirring; and finally the essence of cucumbers, drop by drop. Great care is

requisite, else the mixture will curdle. When done, bottle, and cork tightly. Apply gently once or twice daily.

Another ancient cosmetic for whitening the skin is known as "Virginal Milk" and includes the fragrant tincture of benzoin, of which add an ounce, drop by drop, to a quart of rose-water. Stir constantly to prevent the mixture from curdling. A spoonful in a basin of water is generally used.

A remedy for gradually bleaching the face was given a patient by a well-known physician and tried with very happy results. The prescription read as follows :

Best Cologne,	4 ounces.
Corrosive sublimate,	8 grains.
Glycerine,	1 drachm.

The instructions were : "Be careful to keep this lotion out of the reach of children and see that the druggist labels it distinctly as 'poison' and 'for external use.' It will make the face smart a little at first, but after an application or two it will not. If glycerine does not agree with the skin, leave it out. Do not go immediately out into the cold after using the lotion." If used as directed, the lotion will improve any complexion, and it is harmless. This recipe has been tried by many ladies who now highly recommend it.

It is always well to wear a thin gauze veil in going out into the open air, unless your complexion is of the variety that neither tans, burns nor freckles; and even then, a veil protects the skin from much of the grime and dust with which it would otherwise come in contact. English women are said to insist on having their children's faces thus protected whenever they go out, and

to this habit is due much of that clearness and whiteness generally seen in English complexions. A black veil should be avoided, as black absorbs the heat, while the light tints throw it off. •

It is also asserted that English children of even the highest birth live plainly, and their diet is as much a matter of careful consideration as their clothing. Cereals made into porridges, brown bread, fresh butter, English mutton and milk form their principal foods, with plenty of fruit. Whether it is the atmosphere of Great Britain, the care exercised, the diet, or the baths daily given, either separately or combined, that produce the dazzling complexions of that country is a matter of speculation, but the *régime* is worth the trying, since it requires little trouble in consideration of the supposed result of a faultless complexion.

Two of the main causes of a bad complexion are biliousness and constipation, and usually both have about the same effect in making the skin sallow or covering it with pimples or red spots. Both ailments or disorders should be combated by diet, and, when possible, regular exercise out of doors. Sometimes medicine will be absolutely necessary to overcome the derangement. It is best to have a physician direct the kind and quantity advisable, after which one's judgment should be called into action to prevent a recurrence of the difficulty. The charcoal and honey remedy before mentioned is simple and often efficient; but stubborn cases will require severer treatment. The taraxacum and mandrake remedy suggested in a previous chapter will prove a gentle corrective and also a tonic for the liver, the inactivity of which is largely responsible for biliousness. To make

the remedy still more effective, the amount of mandrake may be increased to two or three drachms.

Fruits eaten before breakfast, stewed prunes, cereals, mutton and brown breads are all laxative foods and in case of constipation should be chosen in preference to others less digestive though perhaps better liked. If the constipation is obstinate, a glass of some natural mineral water should be taken about half an hour before breakfast. No one need expect to have a good complexion if biliousness or constipation wages unresisted war against

CHAPTER XXI.

THE COMPLEXION, CONTINUED.

COSMETICS : LOTIONS, CREAMS, POWDERS AND ROUGES.

ANY external application intended to benefit or improve the skin is classed as a cosmetic; the intention, however, is not always followed by the expected result. The term cosmetic has been made a very comprehensive one, and includes the harmful with the harmless to such an extent that, generally speaking, cosmetics are regarded with considerable disfavor by many people, though indiscriminately made use of by others; and it is mainly this lack of discretion which has brought some cosmetics into such disrepute. If a woman does not know that any lotion leaving a white deposit on the face will in time make the skin look leathery, wizened and coarse, she is quite blameless in her generous use of it; but she cannot but be aware of the suspicions aroused and the stinging criticisms provoked by a face encrusted with the unnaturally white substances so largely composing the "balms," "lotions" and liquids which are vulgarly though rightly termed "whitewashes." Possessed of the knowledge that the white ingredients of most lotions are highly injurious to the skin, and that seen upon the face they also call into question, even though silently, the moral status of the mind, the woman of sense and refinement should be chary in

her use of articles that are dangerous to her in a double sense. In addition to this it is well that she should know that the drugs most renowned as cosmetics for the skin are the most deadly poisons in the whole catalogue of chemical products. Caustic potash, corrosive sublimate, prussic acid and arsenic are all used by unscrupulous dealers ; and she will be a very wise woman who always endeavors to satisfy herself as to the harmlessness of a cosmetic before she begins to use it.

The antiquity of the habit of using cosmetics has been referred to in the previous chapter, and it is difficult to state where the precedent was established. Even in sacred writings we find references to fragrant oils, with explicit instructions as to their compounding. Cosmetics were not unknown to the ancient Hebrews, and in the second book of Kings, in the ninth chapter, we are told how Jezebel *painted her face* and, further adorning herself, looked out of the window to watch the coming of Jehu. This little episode has furnished an epithet frequently applied at the present time to a woman who, by a liberal application of some dazzlingly white cosmetic, deceives herself in the belief that she is deceiving others as to the genuineness of her complexion. The ancient Greeks painted their faces to some extent, but Greeks and Romans of both sexes held in high repute perfumed oils and ointments. From the Grecians the Romans learned of cosmetics, and during the later days of the Republic and those of the Empire, an increase in the laxity of morals and the use of paints and pastes were coincident. In fact, at no time before or since, were the latter used with such a lavishness and utter disregard of consequences. One of the most injurious ingredients of the times, and

one almost as universally used now, was white-lead—well known at present as “flake-white,” which is a subnitrate of bismuth, or pearl-white. Juvenal, who passed scathing criticisms upon the ladies of the Roman Empire, says that when they were alone or with no one present except their husbands, they were repulsive to behold, as their faces were smeared with ointments or unguents intended to beautify, or else to soothe the irritation, blotches and pimples which were the outcome of the pastes and washes employed at other times to embellish the face. These ladies also dyed their hair and eye-brows, and left none of the features as Nature planned them, except the color of their eyes and the contour of their faces. But after the fall of the Empire, the use of paints and cosmetics fell into general disuse. The Moors introduced new varieties into Spain, and from that country the practice was conveyed into Mexico and South America, where cosmetics, and especially powders, are now more extensively used than in any other country, Spain excepted.

When the dark ages terminated with the revival of learning, and art and civilization underwent noticeable improvement, then the enhancement of personal attractions again became one of the occupations of the toilet; and since then cosmetics have been more or less extensively used. During the reign of Elizabeth powders were in general use, and the era of the Georges was marked by a profuse use of powder both upon the face and hair or wig; and the women of the latter period also lavishly used paint and pigments.

At no time in their history have cosmetics escaped violent opposition from numerous sources. Solon of ancient Greece enacted a law forbidding their sale,

and Socrates was emphatic in his denunciation of their use. But in the face of opposition their manufacture still flourishes, and the women of to-day are as eager to assert the truth of their claims as beautifiers as were those of ancient times ; and they do so with less risk of injurious results, for the crude preparations of olden days have been improved by a fuller knowledge of chemistry, a better understanding of the delicacy of the skin, and the exercise of more caution by reliable manufacturers in the selection of such ingredients as are likely to unfavorably affect the complexion upon continued use of the lotions containing them.

Aside from the parching effect which white lotions containing lead or bismuth invariably have upon the skin, there is another far more disfiguring, since under certain conditions of the atmosphere or the skin, the complexion, which has been temporarily whitened by the use of such lotions, will turn to a grayish or ashy color. This will occur where gas is escaping from the pipes or furnace, or when sulphurous fumes of any description are encountered. An instance once came under the writer's observation, which proved a lesson to all to whom the facts were known. The belle of a gay party at a mineral-spring resort was envied of all for her lovely complexion, which she positively asserted was wholly natural ; and, indeed, one could not detect any artificial aid to its purity. Concluding to try one of the hot baths of the establishment, she was informed by the attendant that it would be best for her, if she used any cosmetic, to thoroughly wash her face before going into the bath-room. It would never do to follow this advice, since such a course would be a tacit admission of what she had strenuously denied. So, with a highly

indignant manner at the suspicion conveyed in the warning, our belle ignored the latter and proceeded to her bath. Her attendant silently performed her duties, and at the end of fifteen or twenty minutes left her charge in order that the latter might dress herself. Suddenly there was a sound of sorrow from the little room, and our belle rushed frantically forth, with her face and neck about the color of those of a dingy mulatto. The fumes of the sulphurous water had changed the color of the cosmetic which she *did* use on her face, and for several days the poor girl was disconsolate, and obliged to seclude herself. No one had the heart to ask her again if she did not use some complexion lotion, for she was doubly punished.

If a lady insists on using lotions which by a deposit temporarily whiten the face, it will be well for her to have them analyzed. If lead or bismuth are found in the one she selects, she should not use it, for all of the reasons just named.

There are preparations which may be used without injury, and one of the best is French chalk, which is not chalk at all, but a very fine variety of soapstone found at Briançon in the French Alps. It is very white and adhesive and very fine, does not injure the skin, and will not change color from any of the causes mentioned nor from the secretions of the skin. A similar article is found in the mountain regions of North Carolina, and is said to be equal to the imported stone. Venetian chalk, which is really a talc, is also used; but to sufficiently whiten it the manufacturers subject it to intense heat, which, however, lessens its adhesive power. Carbonate of magnesia is another favorite in some parts of the country.

The following is a very nice way to use French chalk: Wrap a pellet of the chalk in coarse linen and crush it in water, grinding it well with the fingers. Wash the face quickly with the squeezed pellet, and the wet powder oozing through the linen will leave a fine pure deposit of the chalk upon the skin. "Dab" the face lightly with a dampened handkerchief to even the deposit, and remove any surplus from the nostrils and brows. It is said that chalk used in this way shows less than when applied dry and is cooling, besides.

A preparation for whitening the face and neck, reputed to be most excellent, is made as follows :

Terebinth of Mecca,	3 grains.
Oil of sweet almonds,	4 ounces.
Spermaceti,	2 drachms.
Flour of zinc,	1 drachm.
White wax,	2 drachms.
Rose-water,	6 drachms.

Mix the ingredients in a water bath, and melt together. Zinc is generally considered a harmless mineral-white, and is often used in preparing healing ointments. It becomes fixed in the unguent or cream just mentioned and is thus easily applied. The preparation is a sort of enamel which does not need the *baking* so many people think necessary to professional enameling.

The process, of enameling is not to be recommended, as the "enamel" must clog the pores of the skin for the time it remains upon the face; and besides it renders necessary perfect repose of the features, so that emotions, whether happy or sorrowful, must be repressed, thus giving a monotonous semi-melancholy expression to the face

which cannot prove attractive and, owing to the cause, often occasions sarcastic criticism. In enameling the face, the skin is first prepared by an alkaline wash, after which all wrinkles and depressions are filled with a yielding paste. Then the face is simply painted, and artists in this line generally prefer to use the poisonous salts of lead for the purpose, as they produce more striking effects than any other pigment. After the white layer is applied, the red tinting is done.

LOTIONS.

There are numerous lotions for whitening the skin which contain no white deposit, and most of them are harmless and may easily be made at home, in which case the user will be assured of the quality and purity of the component ingredients and will, in addition, be enabled to considerably reduce the expenses of her toilet preparations.

“The amateur chemist must remember, however, that a lotion should be thoroughly mixed, and made smooth in addition; while creams and cakes of mutton suet should be hard when not in use and yielding when they are to be rubbed on the skin. Anything powdered must not be lumpy, and everything bottled must be tightly corked. Just as certainly as these precautions are neglected, so certainly will the prescription be of less avail. How can one expect to heal a grievous hurt if the cooling powder is in tiny pieces, the salve to be put on is in cakes, or an ingredient of the lotion is intermixed at the wrong time? Care is the secret of success in all sorts of work. And this is work—the caring for one’s pleasing looks and the keeping of one’s health as it should be.”

A whitening lotion which is also a tonic is made as follows :

Tincture of camphor,	1 ounce.
Tincture of benzoin,	$\frac{1}{2}$ ounce.
Cologne water,	2 ounces.

The whole mixture may be used in the ordinary bath, but a little of it in the water used for the face, neck and hands will soften and whiten the skin wonderfully.

“Blondes are frequently envied by their darker sisters because it is believed they retain their youthful looks a longer time—a statement that should be taken with the proverbial grain of salt. The fair woman, most of all, has to dread the greasy-looking skin that too often appears after her thirtieth birthday. Bathing the face night and morning with ordinary Rhine wine is said to tone down this objectionable feature.”

Another remedy is :

Sulphate of zinc,	2 grains.
Comp. tincture of lavender,	8 minims.
Distilled water,	1 ounce.

This lotion may be applied two or three times a day, and should be “dabbled” on the skin with a soft rag.

Another lotion for an oily skin which is also whitening in its effect is :

Borax,	$\frac{1}{2}$ ounce.
Pure glycerine,	1 ounce.
Camphor water,	1 quart.

Bathe the face with this lotion after washing, or occasion-

ally through the day. This preparation is also healing to a chapped skin.

An excellent lotion for an oily skin that is generally added to the whole bath is made of

Carbonate of soda,	6 ounces.
Borax,	1 ounce.

Mix in one quart of hot water, and stir well into the water for the bath.

An astringent and whitening lotion that will make the skin firm and pure is prepared as follows:

“Take a half-pint bottle, and place in it the juice of one cucumber, which usually yields from two to three table-spoonfuls, according to size. Half fill the bottle with elder-flower water, and add two table-spoonfuls of eau de Cologne. Shake well, and then add slowly half an ounce of simple tincture of benzoin, also shaking the mixture again now and then. Fill up the bottle with elder-flower water, and the lotion is ready for use, and will keep a twelvemonth.” When preparing a large quantity, it is better to mix the benzoin and elder-flower water, let them stand a few hours, then strain through muslin, and add the cucumber and eau de Cologne. If not strained first, the mixture may curdle, though not in small quantities, as the deposit from half an ounce of tincture is very slight. If the eau de Cologne and cucumber-juice are mixed, and the other ingredients are then added, the lotion keeps better. This lotion is said to prevent incipient wrinkles and also to contract enlarged pores.

ELDER-FLOWER WATER.

Elder-flower water is highly recommended as a plain wash for the skin and enters into the composition of many lotions. That sold by druggists is obtained by distillation, and is clear and colorless and keeps well for some length of time. Made by the amateur chemist it will need an admixture of alcohol to preserve it, unless it is used immediately with other drugs to form lotions; and it is rarely of a good color, though its medicinal properties are the same. It is one of the most cooling liquids that can be applied to the face. To make it proceed as follows:

“Pluck the flowers, and cut off the stalks quite close up to the blossoms, and place the latter in a large earthenware jar or in an enameled saucepan. If in the latter, just cover the with water, and heat to boiling point; then strain off the water, and bottle for use. Half an ounce of simple tincture of benzoin or two ounces of spirits of wine added to one quart of this water will help to preserve it. The earthenware jar is used rather differently: when packed with elder bloom, it is filled up with quite hot but not boiling water, and left for twenty-four hours, when the water is carefully strained through a muslin bag. The latter process gives a better colored water.”

A complexion wash said to be very efficient in whitening the skin and removing flesh worms or “black-heads” and freckles, is prepared as follows and used night and mor

Gum benzoin (powdered),	1 drachm.
Nutmeg oil,	1 drachm.
Sherry wine,	1 pint.

In addition take of orange-blossom tea, six drops; or apple blossoms put in half a pint of rain-water and boiled down to one tea-spoonful and strained. Mix either tea with the first three ingredients.

For a simple lotion, put an ounce of powdered gum benzoin into a pint of good whiskey; add enough of the mixture to a wash-bowl of water to cause the latter to turn milky. Wash the face in this water and allow it to dry without the use of the towel.

A very old wash, to be applied with a linen cloth before going to bed, consists of

Orange-flower water,	1 quart.
Glycerine,	2 ounces.
Borax,	$\frac{1}{4}$ ounce.

When the skin is irritated from sunburn, a healing wash is advisable. The following is quite an old one, its long use being one of its recommendations, for we have abiding faith in the unguents and washes that our grandmothers recommended. It is to be used while the skin is irritated, and is made of

Milk,	1 pint.
Carbonate of soda,	1 ounce.
Glycerine,	1 ounce.
Powdered borax,	$\frac{1}{2}$ ounce.

The following is said to be a fine wash for a rough or sunburned skin :

Tincture of benzoin,	$\frac{1}{2}$ ounce.
Glycerine,	1 ounce.
Alcohol,	1 ounce.
Distilled water,	2 ounces.

Leaving out the last ingredient and adding two ounces of prepared chalk that has no bismuth in it, the mixture forms a cosmetic far superior to any of the expensive white lotions sold under fancy names.

The best wash for whitening and softening the complexion, so it is claimed, is made as follows :

Cascarilla powder,	2 grains.
Muriate of ammonia,	2 grains.
Emulsion of almonds,	8 ounces.

Apply with a soft linen cloth or handkerchief.

A celebrated white mixture for the face, composed of harmless ingredients, is made after the following formula :

Take of bay rum, magnesia snow-flake, oil of bergamot and oil of lemon, each five cents' worth. Mix the ingredients in a pint bottle, and fill the latter with rain-water. When using, shake the mixture well, and apply with a soft sponge or handkerchief.

A woman must combine judgment with her use of lotions, creams, pastes, etc., etc. If she has an oily, greasy skin she should not use cold cream, glycerine or any unguent upon it, but rather the astringent lotions herein recommended ; and if she does not do that, after she has thoroughly washed her face—that is with hot water and soap she may stimulate her skin and at the same time remove the objectionable look by bathing or rinsing her face in diluted eau de Cologne, gin, alcohol, bay rum or some toilet water or vinegar. If her skin is hard and rough and dry she may make it perpetually soft and smooth by rubbing over it *after* washing and *before* drying, a few drops of the following lotion :

Rose-water,	. . .	3 ounces.
Glycerine,	. . .	1 ounce (a little less).
Carbolic acid,	. . .	10 drops.

This mixture has been extensively sold for a very high price under a grandiloquent name; but it is just as beneficial without a name, and will cost but a trifle, put up as directed, at any drug store. Or, after the face bath at night, a little fine oil may be rubbed into the skin to soften it as suggested in a previous chapter.

A lotion of high repute as a softener and whitener of the skin is composed of the ingredients given below.

Oxide of zinc,	4 drachms.
Glycerine,	1 drachm.
Chalk-water,	2 ounces.
Rose-water,	6 ounces.

Shake well and apply with a camel's-hair brush or a fine sponge.

An extravagant use of cold cream is deprecated by many authorities upon this subject. A professional beauty who has made the complexion the study of her life-time says: "I do not approve of *cold cream* or *pure* glycerine for the face, for they encourage hairs to grow and make the skin yellow; besides, greasy preparations only suit dry skins; astringent and alcoholic waters are more suitable for moist skins." A physician also interested in the subject says that a continued use of undiluted glycerine will, after a time, cause the skin to shrivel and become like parchment. This fact is probably the reason why so small a proportion of glycerine is used in preparations for the complexion. A little of it is very beneficial—too much of it, harmful. Always

dilute it with rose, orange or elder-flower water, or even rain-water, if the others are not within convenient reach. If, when diluted, the mixture irritates the skin, producing a burning sensation, as it sometimes does on super-sensitive skins, discontinue its use at once and substitute for it almond or olive oil, vaseline, wool fat or even pure mutton tallow. If the hands and face are washed with warm water, and almond meal is well rubbed in before drying, the skin will be found soft and smooth without any further use of emollients.

A good remedy for a "shiny" skin is a mixture composed of

Sulphate of zinc,	10 grains.
Rose-water,	1 ounce.

White wine, however, is a preferable remedy, as it is not in the least likely to harm the skin.

CREAMS AND PASTES.

A celebrated English preparation known as "Nadine Cream" contains, as will be seen from the following formula, very simple ingredients; but it is more than likely that the thoroughness with which it should be applied is wherein most of its virtue lies, for any unguent that is *well rubbed in* will benefit the skin, whereas, if simply applied to the surface, it will do no good.

"NADINE CREAM."

Cocoa butter,	4 ounces.
Lanoline,	4 ounces.
Glycerine,	4 ounces.
Rose-water,	5 ounces.
Elder-flower water,	3 ounces.

Mix to a cream, and apply a little on retiring or on coming in from a walk or ride in the cold wind."

Another recipe for a fine cream which it is said will whiten and soften the skin and cure pimples as well, is made as follows: Melt together

White wax,	1 ounce.
Spermaceti,	1 ounce.
Almond oil,	1 ounce.
Olive oil,	1 ounce.
Benzoated lard,	1 ounce.

Then beat until the mixture is cold and like cream. After washing the face thoroughly in hot water, dry it quickly and gently with a coarse towel, and then apply a little of the cream, rubbing it well in *for a quarter of an hour or more*. Follow the plan for facial massage in the rubbing movements. If a quarter of an ounce of camphor gum is dissolved in oil and then added to the other ingredients of the cream just mentioned, the latter will become whitening as well as softening in its effects; but the camphor must be dissolved as suggested or it will precipitate and ruin the preparation.

A cream greatly appreciated by its users is made as follows:

CREAM OF ALMONDS.

Take half an ounce each of white wax and spermaceti, and three ounces of oil of almonds. Subject to gentle heat, and then gradually add two ounces of orange-flower water. Whisk well, or stir briskly in a mortar, until the whole forms a white cream.

The French ascribe great virtues to the cucumber as a cosmetic ingredient. In the preceding chapter the recipe

for the famous Milk of Cucumber is given, and we here add the formula for the cream.

CUCUMBER COLD-CREAM.

Almond oil,	1 ounce.
Green oil,	1 ounce.
White wax,	1 ounce.
Spermaceti,	1 ounce.
Juice of cucumbers,	2 ounces.
Essence of cucumber,	2 ounces.

Prepare the same as any of the previous cold-creams. This is said to be very whitening in its effects on the skin.

Vaseline medicated with carbolic acid is very healing and whitening, although the odor of the acid renders it objectionable to many people. An old-fashioned remedy is sweet cream well rubbed in, and even fresh, unsalted butter is made use of by many of the belles of the rural districts for softening their hands and faces.

A paste which is very fine for softening or whitening the skin is made as follows :

White almonds,	3 ounces.
Honey (strained),	2 ounces.
Orange-flower water,	5 ounces.
Cold-cream,	4 ounces.

The almonds must be pounded to a paste in a mortar and then mixed with the other ingredients.

A paste of almonds and other ingredients is highly extolled as a whitener of the skin. Made as directed below it is suitable for *the hands alone*, as the soap in it makes it too strong for the face. Without the soap it may be safely used upon the face.

The recipe is taken from the toilet department of an English paper and reads as follows :

ALMOND PASTE.

“Take of sweet and bitter almonds each two ounces, and pound into a paste. Add spermaceti four drachms, oil of almonds half an ounce, and of white Windsor soap scraped fine half an ounce. Perfume with about twelve drops of oil of stephanotis or jasmine. Heat very slightly and gradually, and then place in the mortar and work into a stiff paste. To prepare the almonds, place them in a basin and pour over them ‘boiling’ water. When the water is nearly cold, pour it off, and place the almonds in a dry cloth ; cover with another cloth and rub well, when the husks or skins will peel off. Throw the blanched almonds into a mortar, and pound them to a paste. Amateurs who do not possess pestle and mortar should use the paste board and rolling pin, first chopping the almonds slightly, and rolling them out to a smooth paste ; but much of the valuable oil is lost by this process. Almond paste made really of almonds and without lard is one of the finest mixtures for whitening the skin. This recipe, used in its entirety, is intended for the hands and wrists only, and must not be applied if the skin is chapped or sore, else it will cause further irritation. When applied on a firm, whole skin, the soap makes a species of plaster and holds the paste, which in time makes the hands marvellously fine and white. This paste with the soap omitted is altogether softer and may be used for the face and skin generally, and in this form it is prepared under the name of *Crème of Almonds*. Unless the almonds are worked to a perfectly smooth paste in both cream of almonds and

almond paste, they may just as well be omitted altogether."

A paste for removing sunburn, given elsewhere in this volume is composed of :

Ground barley,	3 ounces.
Honey,	1 ounce.
White of one egg.	

This may be used with a mask of chamois or cotton, or simply spread upon the face, covered with soft muslin and washed off in the morning.

Incidentally it may be here mentioned that the juice of the lemon is very efficacious in whitening the skin and making it smooth and soft. Dr. Erasmus Wilson, the celebrated English authority upon the skin and the proper treatment of its imperfections, advises the use of the juice both internally and externally. In his finest whitening lotions citric acid is always an ingredient, and this is only a condensed form of lemon juice or the acid of lemon. Another authority says :

"Lemons are useful for a variety of toilet purposes, and even after the juice has been removed for culinary purposes, the halves should be tied in muslin, put into the water ewer, and left as long as they keep fresh. A little fresh lemon-juice painted on after steaming or washing the face in hot water, helps to loosen obstinate blackheads ; and rubbed over the teeth at intervals is said to prevent and remove tartar. Lemon juice is also said to prevent chilblains ; and a lotion made of equal parts of honey, fresh lemon-juice and eau de Cologne whitens the hands, keeps the nails from splitting or the skin growing ing over them, and makes the skin smooth and fine. A

cut lemon is also beneficial in mild attacks of neuralgia ; and taken in the form of strong lemonade, made by cutting up three fresh lemons to a pint of boiling water and adding one-quarter ounce tartaric acid, it greatly improves the complexion."

It would seem, therefore, that the lemon is not only a medicine but a natural cosmetic as well. Cut in half and rubbed over the hands and face after washing and before drying them, a lemon rapidly whitens the skin, removes tan and minor discolorations, and softens and cleanses the epidermis by removing clogging or extraneous matter.

POWDERS.

Before beginning in earnest the discussion of powders or leaving the subject just concluded, it may be well to state that lemon juice mixed with glycerine is what a lady who has a beautiful complexion rubs upon her face before applying powder. To the juice of one lemon she adds five cents' worth of glycerine and keeps the mixture in a well-corked bottle upon her dressing case. The lemon whitens and the glycerine softens her skin, and both provide an adhesiveness necessary to the satisfactory application of powder to the face. Some ladies use glycerine and rose-water, or a dainty film of almond oil or cream ; but nothing excels the preparation first named, which, in addition to its other virtues, prevents the powder from becoming irremovably fixed in the pores of the skin.

A thickly powdered face is not a thing of beauty, although powder may to a certain extent beautify the skin upon which it is applied, by concealing minor blemishes. A little powder, deftly applied, is perfectly justifiable, especially if a woman has a greasy, shiny face or a nose

whose tip insists on taking a high polish every time her face is washed. But she must be artistic about it and not suggest to the observer that she may accidentally have come in contact with the pastry-cook's barrel. The time has been when women literally strewed their faces with powder, and the practice extended to all grades of society. At present a few women keep up this custom; more use it to reduce the lustrousness of the face so objectionable to most observers; and some abjure its use altogether, preferring to expose the blemishes of their faces rather than feel that they are resorting to even so trifling a deception. The first and last named classes are undoubtedly extremists, but of the two of course the latter is the more tolerable. A reasonable use of powder is commendable and, provided the quality can be relied upon is certainly harmless, if, as in the use of kindred cosmetics, it is washed off upon retiring.

The basis of all powders is about the same. They are formed of either vegetable or mineral substances. Vegetable powders are generally composed of fine starch made from arrow-root or wheat. Rice powder or *poudre de riz*, is very finely ground rice-meal. Corn-starch is often used as a face powder and on some skins has a very fine effect. Mineral powders, which are whiter and more adhesive, are usually formed of chalk, bismuth, oxide of zinc and magnesia, all of which substances have been discussed in another portion of this chapter. Of all the varieties of powder put upon the market, the distinguishing difference lies in the color or scent used in making them up, and the fanciful boxes or bags into which they are put. Some of them are made of impure ingredients and so produce an irritation of the skin; but experience

will soon teach the user which to avoid. Professional people use French chalk or "drop chalk," extensively claiming it to be less injurious than the "pearl powders," pearl-white," "blanc de perle," and other proprietary preparations which contain bismuth. Violet, powder or "baby powder" as it is often called, should be composed of six parts of wheat starch and one of powdered orris, mixed, and sometimes otherwise scented with lemon, bergamot and cloves. These powders are generally too light and fluffy for facial use unless the skin is first prepared by some lotion—or in the absence of a lotion by an application of glycerine soap, which is not fully wiped off, but enough left on the face to hold the powder. But for the chafing of the skin of infants or even adults, any vegetable powder is of invaluable service, especially if it is medicated with carbolic acid or one-fourth the quantity of lycopodium. If the face is dusted after bathing with rice or other fine powder sifted through a thin gauze bag, the result will be a refreshing feeling and appearance of coolness. A good powder to use after a general bath may be made as follows:

Starch,	16 ounces.
Orris root (powdered),	4 ounces.
Camphor (powdered),	2½ drachms.

Reduce to an impalpable powder, tie in a gauze bag, and sift over the person and clothing after a bath. This is an excellent powder for the prevention of excessive perspiration.

TOILET OR FACE POWDER.

Pulverize a quarter of a pound of wheat starch, and sift it through lace or a fine sieve; then add eight drops of

the oil of rose, thirty of the oil of lemon and fifteen of the oil of bergamot and rub thoroughly together. In making this powder, the French pour the powdered starch into alcohol, and after shaking it thoroughly, let it settle; they then pour off the alcohol, dry the powder, and finally add the perfuming oils.

Refined chalk is one of the best, simplest and safest powders to use, and may be applied dry or as suggested earlier in this chapter.

ROUGE.

Rouge, as every one knows, means *red*, and is in various forms applied to the face to give it an apparent glow of youth. Like all other applications for the complexion, it exists in various forms, either pure or impure, harmless or injurious, and should be applied with discrimination for obvious reasons.

The rouge which is sold for the complexion should be derived either from cochineal, a small insect found Brazil on the cactus plant, or from a plant known as "dyer's saffron" or safflower, which furnishes *carthamine*, which is called *rouge végétale* or vegetable rouge. A rouge that is injurious as well as cheap is made from vermilion, which is one form of mercury; and this variety should be avoided.

Rouge is put up in many forms. Complexion artists have their own preparations of it, and the finest is a liquid which is applied with a soft camel's-hair brush, and leaves only a faint bloom upon the face that is so natural in effect that it is almost impossible to detect its foundation. Another kind, prepared by mixing a small portion of *alloxan* with cold cream, has a very curious

effect. When first applied it is colorless, and not until it has been on for some minutes does the bloom or color, which is a very natural pink, appear.

That sold in shallow pots or jars, or saucers, if of a good grade, is recommended for general or continual use; but the coarser kinds, such as are called "theatrical rouges," are usually composed of vermilion, and not only injure the skin, but vulgarize the appearance. *Crépons* are small pieces of gauze, either silk or cotton, twisted into small balls and colored with carthamine; and some of them are mounted on wooden or ivory handles. They are slightly moistened with alcohol and then rubbed gently over the cheeks or lips. Perhaps the finest rouge is prepared by depositing a thin layer of carmine on thick, smooth paper; the surface is moistened by a sponge or a woollen rag, and the paper is then delicately rubbed over the skin with a very satisfactory result. Among the simple substitutes for rouge may be mentioned the juice of strawberries, crushed geranium leaves, or the petals of artificial flowers that have been colored with carmine. An easy way of giving a bloom to the cheeks is to cover the face with a layer of cold-cream, and then rub in a trifle of dry carmine powder upon the portions you desire to tint; after a few minutes rub the powder off with a small bit of cotton wool, shading the coloring according to the taste.

It is well known that complexions vary in tints as widely as do the shades of roses. Some skins have a glow like purplish wine; others have a pink tint that is just tinged with yellow, while some show a rich carmine-red bloom; but the most beautiful of all is the tint that is like that of the apple blossom. This shows that the

proper red to use for the face must be made a matter of study, and that it is well as far as possible for a lady to make her own rouge, and mix with the red the color which is in harmony with the tint of her skin. A little indigo mixed with the carmine will result in the purplish hues, while yellow ochre intermingled with the carmine will give the Greuze tints.

A fine, dry French rouge is made as follows :

Carmine,	$\frac{1}{2}$ drachm.
Oil of almonds,	1 drachm.
French chalk,	2 ounces.

A liquid tint for the face, generally known as "Milk of Roses," is prepared after this formula :

Oil of almonds,	4 ounces.
Oil of tartar,	40 drops.
Rose water,	$\frac{1}{2}$ pint.

Add carmine enough to give it the proper or desired red shade.

Another old-fashioned liquid tint, said to be perfectly harmless, is made in this manner: Take three pints of soft water and one ounce of Brazil dust; boil and strain, and then add six drachms of isinglass, two of cochineal, three of borax and an ounce of alum; boil again, and strain through a fine cloth. Apply with a camel's-hair brush or a piece of fine linen.

Color for the lips is usually cold-cream with more wax in it than is usually the case, to which is added sufficient carmine to make it deep enough in color. If a vermillion tint is desired, make a strong infusion of alkanet instead of using red lead, which is poisonous. Tie

the alkanet chippings in a bit of thin muslin, and keep them for a week in the almond oil that is to be incorporated with wax and spermaceti to make the cream. Rose and flesh colored powders are simply the white powders tinted with carmine and yellow ochre. The Briançon stone mentioned in another chapter, when powdered and mixed with carmine, yields one of the finest rouges and is perfectly harmless.

Another necessity to an artistic "make-up" of the face is the blue tint used in tracing veins. The ingredients of one variety are French or Venetian chalk made into a paste with gum-Arabic water, and tinted to the proper depth with Prussian-blue. The mixture comes in little jars accompanied by small leather pencils made expressly for the purpose, and it is said that if the work is well done the effect is very natural.

A more easily obtained tint is made of grease colored to the proper shade. It comes in pencil form and is simply drawn over the skin wherever a vein shows through. The mark is then softened down by rubbing, and the veins thus accentuated make the skin seem all the fairer and more delicate.

It should be perfectly understood by every woman who uses cosmetics, that she should, just before retiring, remove from her face every particle of what she has applied to it; and it will be better for her skin if, before she uses the hot or warm water necessary to this facial bath, she rubs cold-cream well into it to soften the cosmetics and open all the pores. When she has done this and washed her face perfectly clean (she may use almond meal for the purpose instead of soap if she prefers), she may then rub a very little cucumber cream, almond

oil or some other emollient well into her skin. In this way the skin will not suffer any injury from the use of good cosmetics; but the woman who does not wash off her facial make-up until morning, will very soon ruin her complexion beyond all hope of restoration.

CHAPTER XXII.

BLEMISHES : DISCOLORATIONS.

FRECKLES, TAN AND SUNBURN ; MOTH PATCHES OR MASK ;
MOLES ; MUDDINESS OF TINT AND BIRTHMARKS.

A BLEMISH of any description which cannot be overcome or hidden is always a source of annoyance ; nor is this feeling confined to women alone. Men too, are sensitive over even slight defects, and frequently take advantage of remedies for them generally supposed to be purchased by women alone. Possibly in either sex the sensitiveness may not find verbal expression, but in some place of convenient concealment within the privacy of his or her own room, will probably be found the means by which a desired cure of the occasioning difficulty is hoped for. The effort of a woman to improve her appearance should not be condemned, nor should the afflicted person feel obliged, from any cause whatever, to conceal the means through which she is endeavoring to *clear* her complexion. This sentiment does not apply to the cosmetics and pigments she may use to *cover* blemishes, since in most cases they are all too apparent ; but if she does not occupy valuable time in her attempts she is perfectly justifiable in endeavoring, by harmless cosmetics, such as those for which we have given and shall further give formulæ to make herself feel happier by improving her appearance.

There are blemishes which may be overcome permanently or removed temporarily, and a few which are obdurate and will never yield to treatment of any description. In this chapter some of the different classes mentioned will be discussed, in the hope that many of the afflicted ones may be encouraged to further efforts, and that those who are wasting time and money in a vain endeavor will be led into a saving of both.

FRECKLES.

Freckles are great destroyers of one's peace of mind as well as of one's beauty. Not all the pretty names which, in a consolatory way, have been bestowed upon them can reconcile one to an individual possession of them. "Sun kisses," and "the kisses of Apollo," as they are often termed, are sources of great annoyance to both men and women, since they not only mar the complexion, but also afford a target for the remarks of ill-natured and ill-bred people. It does not matter to the maiden if she is told that a few large freckles just under her eyes increase her beauty by enhancing their expression, or that Cleopatra was "with Phœbus' amorous pinches, black." She is positive that her own appearance would be much more attractive without freckles, and it is probable that nine-tenths of her acquaintances would indorse her views concerning the matter; therefore she spares no effort to remove them and is sometimes successful and sometimes not; and for each of these results there is a cause.

Freckles are the most obstinate of all blemishes and are what may be termed incurable. That is, they may be removed, but are sure to return again so long as conditions remain the same; and these conditions consist of iron in

the blood, and the light of day. Little particles of the iron find their way through the drainage tract of the skin and deposit themselves just under the surface of the scarfskin, and the action of the light darkens them into the irregular discolorations called freckles. It will thus be seen that as long as there is iron in the blood and the sun shines, freckles will return even if removed, unless the greatest precautions are observed. The quantity of iron in the blood determines the severity of the affliction—that is, whether there are many or few freckles—and the thickness of the cuticle is responsible for the intensity of their color. Freckles are of two general classes—those which appear only in the summer time and fade away at the approach of winter, and those which are constitutional, or “cold freckles,” and come to stay. The former may vanish under simple lotions, but the latter depart only when the scarfskin is removed; and when the latter grows again, the freckles also return. This is, perhaps, a little discouraging, but with some effort their return may be held at bay or so obstructed that it will not occasion much mortification of the vanity. The foremost complexion artists of the day, even those who advertise that their lotions will positively remove freckles, are honest enough to tell customers upon inquiry that the freckles will return unless they are careful to protect the new scarfskin. The permanent removal of freckles has baffled the skill of all dermatologists, and unless a woman is willing to stand eternal guard over her complexion, it will hardly be worth her while to undergo the heroic treatment necessary to the removal of these disfigurements, especially when they are constitutional. She may fade them out by some simple means so that they

will not be noticeable, but persistence must be her watch-word if she expects to accomplish any material result.

The action of citric acid upon these little deposits of iron is to fade them out, and this acid is largely employed by the celebrated dermatologist, Dr. Erasmus Wilson, of London, in many of his preparations for removing discolorations from the skin. His favorite prescription for the removal of freckles is given below.

Elder-flower ointment,	1 ounce.
Sulphate of zinc,	20 grains.

Mix well, and rub into the affected skin at night; in the morning wash it off with plenty of soap and water. When the grease is completely removed, apply the following lotion with a linen cloth or some prepared lint :

Infusion of rose petals,	$\frac{1}{2}$ pint.
Citric acid,	30 grains.

If any unpleasant irritation should ensue, a lotion recommended by the same authority, and which will give immediate relief, consists of

Almond mixture,	$\frac{1}{2}$ pint.
Goulard's extract,	$\frac{1}{2}$ drachm.

This should be well mixed and thoroughly applied. The same treatment is also good for other discolorations of the skin, spots or stains of long standing having been removed or, at least, made less noticeable by its use. This treatment may not suit all skins, but it will do no harm to try it.

As citric acid is made from lemon juice, the latter is a simple remedy, easy to procure and apply, and is fre-

quently successful in banishing summer freckles. Sometimes the golden spots disappear with the coming of cold weather; but if they do not, mix one part of Jamaica rum with two of lemon juice, and dabble it on the face every night. This is a good lotion even if one has no freckles, for the rum gives tone to the skin, while the lemon juice tends to whiten it.

An old-fashioned remedy, whose recommendation to favor may lie in its antiquity is here given, and it is said to be very efficacious in fading out freckles.

Lemon-juice,	1 ounce.
Powdered borax,	$\frac{1}{2}$ drachm.
Sugar,	$\frac{1}{2}$ drachm.

Mix the ingredients well, put the mixture in a glass bottle, and, after letting it stand for a few days, apply to the spots occasionally with a small camel's-hair brush.

A writer upon the complexion, who seems to understand and appreciate acid remedies, says of lemon juice in connection with freckles: "The safest way of doctoring freckles that can be recommended as sure in all but very obstinate cases is to treat them with lemon juice. Take a fine camel's-hair brush and, dipping it in the lemon juice, touch every freckle carefully night and morning until it begins to disappear. If the freckles are too thick to touch separately, apply the lemon juice with a soft, fine cloth; but this is very apt to burn the skin unless a little glycerine be added to neutralize the effect. The best mixture is to take glycerine already diluted with rose-water and to add lemon juice enough to make the face smart, but not enough to roughen and scratch it. If the camel's-hair brush can be used, however, it constitutes

the best method. It goes without saying that complexions subject to freckling should be kept out of the sun except when protected by a thick veil and a broad-brimmed hat and a parasol. Before exposure, also, it is always a safe plan to rub a thin coat of cold-cream, vaseline or glycerine over the face and cover with a powdering of what is to be had of any druggist under the name of 'dry' chalk. Then upon coming indoors it is a good practice to spread the glycerine and lemon over the face at once. This, in any case, is an excellent recipe to remove sunburn, and it helps, beside, to keep a tendency to freckles under."

Where freckles are very obdurate, it stands to reason that only a caustic, insensibly burning away the epidermis, can remove the little mineral spots underneath it. These powerful remedies must, however, be used with caution, and kept out of the reach of children as well. The following remedy contains a poisonous ingredient found in most of the lotions used in the "heroic treatment;" but blended with the remaining ingredients, it performs its work in a harmless manner: Take of

Blanched bitter almonds,	. . .	2 ounces.
Blanched sweet almonds,	. . .	1 ounce.
Distilled water,	1 quart.
Corrosive sublimate (in powder),		20 grains.
Spirits of wine,	2 table-spoonfuls.

Beat the almonds to a paste, mix well with the water, strain and put into a bottle. Then dissolve the corrosive sublimate in the spirits of wine and add it to the mixture. Shake the bottle well, and wet the skin with the lotion, using a soft linen rag. Dry very gently with a soft towel.

The lotion may be used once or twice a day, according to the effect it has upon the skin.

Another remedy, including the same mineral ingredient, is composed as follows :

Corrosive sublimate,	2 grains.
Powdered borax,	$\frac{1}{4}$ drachm.
Lemon juice,	1 ounce.
Rose-water,	4 ounces.

Apply this lotion with a camel's-hair brush twice daily.

A simple lotion which bleaches gradually is made of

Rose-water,	2 ounces.
Corrosive sublimate,	2 grains.

Still another lotion for very obstinate freckles consists of

Muriate of ammonia,	$\frac{3}{4}$ drachm.
Lavender water,	2 drachms.
Distilled water,	8 ounces.

Apply with a brush several times daily.

A lotion which has removed freckles of years' standing, and which is also said to be an excellent remedy for pimples, is made of the following ingredients :

Sweet almonds,	1 ounce.
Bitter almonds,	4 drachms.
Cherry brandy,	10 ounces.
Corrosive sublimate,	6 grains.
Tincture of benzoin,	6 drachms.
Lemon juice,	4 drachms.

Apply with a sponge, shaking the lotion well before using

it. A piece of soft linen may be used in place of the sponge.

It is wiser to allow a good druggist to prepare the lotions just prescribed, as the corrosive sublimate is somewhat difficult to dissolve. A word of caution as to their use is also necessary. Some skins are more sensitive to irritants than others, and the lotions mentioned *may* cause a slight redness or a rash to appear after the first two or three applications. The redness will soon subside; and should the rash, if it appears, prove painful or tenacious, stop using the lotion, as there is some peculiarity of your skin antagonistic to its ingredients. This rarely happens, however, and in nine cases out of ten, the lotions relieve and often remove unsightly discolorations.

A method of removal which enjoys some celebrity and can be readily made and applied is as follows :
Take of

Best English mustard,	. . .	1 table-spoonful.
Oil of almonds,	. . .	1 tea-spoonful.
Lemon juice enough to make a thick paste.		

Mix, and spread in a thin plaster over the face night and morning until the skin smarts. In a few days the scarfskin should become loosened, when it will gradually rub off, and the freckles will depart with it; then for a time the new skin should be washed with borax and water.

Sometimes, after the scarfskin has been loosened by a paste or poultice, lemon juice will remove quite obstinate freckles, and may be applied by rubbing a freshly cut lemon over the spot.

It is also said that vichy water, applied night and morning for several minutes at a time and allowed to dry without wiping, will lessen the affliction. This remedy is certainly harmless.

An old-fashioned remedy, often repeated, consists in wetting the finger tip, dipping it in powdered nitre and then touching the freckles one by one; persistence and patience are requisites of this method, which is said to be efficacious.

Buttermilk, plain or mixed with grated horseradish, is a familiar remedy, but not a particularly pleasant or reliable one.

The remedies in this chapter are the best that could be found and, as given, are harmless if judiciously used. A lotion should rarely be applied more than three times daily, especially where it contains caustic or poisonous ingredients. If used often it may produce temporarily painful results and frighten the patient into unjust accusations of harmful effects, and for this reason the directions accompanying a remedy should always be followed, since the one who gives them generally thoroughly understands the nature of the ingredients.

TAN AND SUNBURN.

These afflictions are akin to freckles, as they arise from the action of the sunlight and also of the wind; but they are easier to overcome. A prevention is better than a cure, since it generally entails less trouble; and it is therefore advised that in going out into the light and air for a long walk or drive, the hands and face be protected by suitable coverings. If, however, this plan does not meet with favor, any of the cold-creams given in this volume, or

some fine olive or almond oil may be thoroughly rubbed into the skin, and either will act as a preventive of tan or sunburn.

A lotion good for removing these marks of the sun and wind may be made as follows:

Borax,	10 grains.
Lime-water,	2 ounces.
Oil of jasmine,	1 ounce.
Oil of almonds,	1 ounce.

Elder-flower water is a good lotion for removing tan and sunburn; and another wash, which has the additional qualities of bringing the blood to the surface of the skin and making it and the lips look fresh, and also of preventing wrinkles, is composed of

Rose-water,	3 ounces.
Tincture of benzoin,	1 table-spoonful.

This is to be applied to the face after exposure and before washing it. Some people burn or tan more readily than others; some do not tan, but their skins will soon burn red, and others will tan only. Both effects are said to be indicative of healthfulness, and the discoloration of tan is due, as in freckles, to the action of the sunlight upon a deposit of minute particles of carbon just under the surface of the scarfskin. Sunburn, if severe, will cause the skin to peel off, previous to which there is a burning sensation, the same as is present with any other blister. A similar effect may be produced by sitting too near a hot fire; and those who have delicate complexions should never allow their faces to become too hot from artificial means.

A soothing cream or pomade is composed of the following ingredients :

Spermaceti,	2 ounces.
Oil of almonds,	2 ounces.
Honey,	1 teaspoonful.
Ottar of roses or any other scent,	a few drops.

Melt the spermaceti in an earthen dish, then add the oil, and finally stir in the honey. Stir or whip the whole mass until cold and then add the scent.

A good remedy for sunburn or tan is a paste made of

Ground barley,	3 ounces.
Honey,	1 ounce.
White of one egg.		

After these have been mixed to a smooth paste spread the latter over your face at night ; then lay a thin piece of muslin over it, and wash it off with warm water in the morning.

Another excellent preparation is made of benzoinated oxide of zinc ointment and spirits of camphor in the proportions of two drachms of the spirits to one ounce of the ointment.

A natural substitute for prepared creams is cold sweet cream, and it answers very well in many cases.

There are numerous simple remedies for tan. Washing in buttermilk is one ; vinegar in which horse-radish has been soaked is also suggested ; while lemon juice has been previously incidentally recommended and is always a valuable remedy. Or, magnesia may be dissolved in rain water until it is like a thick paste, spread on the face and allowed to remain two or three minutes ; then wash it

off with castile soap and warm, soft water and rinse very thoroughly. Any of the lotions previously mentioned will be found efficacious in removing tan, especially those containing lemon juice, corrosive sublimate or citric acid.

MOTH PATCHES.

These discolorations are the sign of some deep-seated disease of the liver, and by physicians are called hepatic spots. They are generally known, however, by the above name, and also as "mask" or "morphew." They rarely yield to external treatment alone, and one of the standard remedies is taraxacum or extract of dandelion. A common prescription is one large pill of taraxacum four nights in the week, sometimes for a period of months. The diet, also, must be so regulated that the digestion will be perfect, or at least good. Then, with persistent applications of any of the creams or lotions already given which have corrosive sublimate or acid in them, a removal of the discoloration may be hoped for. When the disfigurement is removed, a wash of some kind should be regularly used to prevent its return. The following is a good lotion for this purpose:

Iodide of potassium,	2 drachms.
Glycerine,	1 ounce.
Rain water,	1 pint.

Mix, and apply with a soft sponge. Dr. Erasmus Wilson's favorite freckle prescription, given a few pages back, is also recommended as a cure for moth patches, and if it succeeds, will do so within a fortnight.

A method practiced by physicians is as follows :

“Lay a strong mercurial and resin plaster on the spot at night, and rub in oxymel of squills during the day. It has been said that this method (the health being good) is certain to be successful in eight days ; but it is a severe remedy and is not advisable except under the immediate supervision of a physician.

“There are caustic washes composed of chlorine and chloride of lime which are recommended for moth or mask, but they should be used with great caution. They sometimes succeed in removing the yellow color, but leave in its place a grayish tint and a patch of skin that is seamed with fine wrinkles.”

It is said that moth patches are more prevalent in some sections of the country than others, and it is possible that the dryness of the atmosphere may in some way be accountable for the fact. With this theory as a basis, it would seem that Turkish and Russian baths would to some extent act as preventives, since they aid the system in throwing off secretions likely to discolor the epidermis if the drainage tract is obstructed. Steaming the face preparatory to the application and after the action of the various remedies suggested, is a good plan by which to obtain the full benefit of the lotions and unguents. Again we repeat that unless the liver acts normally and the general health is good, moth or liver-spots cannot be successfully removed or treated. They result from a deranged system, and if the latter is not put in order, traces of the ailment will persistently return even if one has the good luck to temporarily remove them.

One other remedy, said to succeed in removing moth patches in two or three weeks, if applied once a day, is made as follows :

Rum,	1 pint.
Flour of sulphur,	1 table-spoonful.

This lotion is to be well rubbed into the skin wherever the moth appears and, being composed of harmless ingredients, cannot injure if it does not cure.

MOLES.

These discolorations are usually present from birth and, unless sufficiently large to interfere with comeliness, are of trifling importance. In fact, by many moles are considered beauty spots when their color is of a deep brown, for then they improve the complexion by contrast, on the same principle that a patch of black court-plaster brings the whiteness of the surrounding skin into complete prominence.

Moles are either flat or raised and may or may not thus be a source of annoyance. When the latter is the case, if the moles are small, touch them two or three times daily for several days with a sharpened match or a wooden toothpick dipped in glacial acetic acid or muriatic acid, being careful not to moisten the skin around the moles. After a short time they will fall out or shrivel up and disappear, but each may leave a tiny white scar. Raised moles may be treated as follows: Obtain a small piece of lunar caustic and fix it securely in a quill. Moisten each mole with saliva and then rub on the caustic, but be careful not to touch the healthy flesh. Repeat this process regularly—say once every night and morning. The mole will turn black, and gradually successive skins will peel off; and when the spot appears level with the other flesh, use a little ointment, and other-

wise let it alone for a few days. If the mole has entirely disappeared keep applying a healing ointment, but if it still appears raised, use the caustic again. It is advisable not to interfere with large moles, as scars will result which are more unsightly than the moles. If, however, they are located so as to cause much annoyance unless removed, call in the services of a surgeon, but do not attempt to remove them yourself.

MUDDY SKIN.

A muddy or sallow skin usually results from some derangement of the blood or system, and may be constitutional. Before external remedies will have any perceptible or permanent effect, the derangement must be corrected by internal treatment; and this should be prescribed by some physician who has diagnosed your case and knows just what the difficulty is. When the trouble is under control and your general health is improving, then apply any of the lotions or unguents for whitening and clearing the complexion that have been previously given. The iodide of potassium lotion just recommended for keeping the face free from mask will be found efficacious in clearing a muddy complexion. Another lotion, given elsewhere and composed of

Best cologne,	4 ounces.
Corrosive sublimate,	8 grains.

has been productive of very satisfactory results in removing discolorations of this character from the face.

BIRTHMARKS.

Birthmarks are of two kinds—deformities and dis-

colorations. Only the latter come within the province of this volume, and but little encouragement for their removal can be offered. Birthmarks showing a bright red, brown or purple color upon the skin are frequently seen, but cause no annoyance unless located upon the face or some exposed portion of the person. There is no remedy to be placed within general reach by which birthmarks may be removed, since they are not discolorations due to deposits on the under side of the scarfskin, the same as freckles, tan or moth, but are overgrowths of the blood-vessels of the true skin which lies just under the scarfskin; and these overgrowths are produced by an extravasation of blood. It is not clear how this extravasation takes place, but it is probably owing to some slight injury the child sustains previous to birth. In some cases specialists have been able to remove birthmarks, but have failed more often than they have succeeded. Their methods are secrets of their profession and have not been given to the public; but it is known that to remove birthmarks the enlarged blood-vessels must be destroyed or reduced to their natural size. To do this requires both judgment and practice. Years ago two French surgeons, MM. Lepeyre and Lecompte, discovered that by the use of a lens or burning-glass the rays of the sun exerted a peculiar and propitious effect on certain diseases of the skin. After a long lapse of time, during which period the discovery had been almost forgotten, it was revived and the principle applied to the removal of birthmarks, proving very efficacious. The heat has to be so regulated and adjusted as to shrivel the enlarged blood-vessels without destroying the skin itself, otherwise a scar will result. It will be seen

from this that experience and discretion are necessary to such an experiment, and that in severe cases the wise and only thing to do is to seek the advice of a specialist. In mild cases the severe remedy of blistering the scarf-skin and then applying certain preparations of ergot or bismuth, which are supposed to act specifically upon the cutaneous veins, paralyzing and constricting them, may be tried, but it is a painful process and only occasionally succeeds.

CHAPTER XXIII.

BLEMISHES. CONTINUED.

WRINKLES, BLACKHEADS, PIMPLES, SCARS, POCK-MARKS AND WARTS.

BLEMISHES which do not come under the head of discolorations are easier to remove, as a rule, than those which do; but some of them are exceedingly obdurate, so that nothing but the exercise of the utmost patience in the application of the remedies will result in a cure, and even then failure may attend the attempt.

A dreaded disfigurement which can scarcely be called a blemish nor yet a defect, but which must be classed with both, is one which comes to all sooner or later; and the only consolation that can be offered is that the coming may be retarded by care and systematic treatment as set forth below. This is the only hope for those afflicted with

WRINKLES.

To wholly outwit Time is beyond human accomplishment, to delay his progress, impossible; and yet some of his traces may be held at bay or subdued for a longer or shorter period. This is true with regard to wrinkles, whose coming is ever dreaded, and whose first presence is allied with a sort of silent despair that is not praiseworthy but is none the less natural and keen. It is folly to assert that "sensible people do not mind them," for

the statement is not universally true. As in all rules, there are exceptions to this one, and it is only now and then that a woman is found who not only seems unconscious of the lines in her face, but who actually courts them by scowling over her work or book in a futile effort to see better, or by grimacing during conversation in a manner as unnecessary as it is unpleasant to see. The wrinkles that come from merry laughter are not unsightly, as every one of their curves denotes a good and happy disposition. Those that spring from a morose, crabbed disposition are as strongly indicative of temperament as the others, and are more hideous than any Time lays upon the face; but by governing unlovely traits of character the latter will leave few if any tell-tale traces of their existence.

Deep wrinkles that result from years cannot be removed, nor can they be materially lessened by any method within the reach of the average man or woman. It is said that there are expensive methods, known to the complexion specialists of France, whereby the wrinkles may be "ironed out" of a face that is really old. One such instance has come within the writer's knowledge. A man of fifty years is the happy possessor of one of these ironing implements, for which he paid three hundred dollars; and occasionally, after secluding himself for a day or so, he comes forth beaming and with a face as smooth as that of a man of twenty-five. No doubt many affluent members of the gentler sex avail themselves of the same or a kindred method, but as a rule this means is beyond the reach of the average individual.

Discourage the persistent tenacity of wrinkles by the manner in which the face is washed, always taking care

to rub upward and backward, or in a direction opposite to that of the lines formed or forming. Do not rub downward, as all the lines of the face tend that way, and following their direction will, of course, accentuate them.

The facial massage process, described in the chapter on massage, is one of the best of preventives, and will often lessen and frequently remove wrinkles which have come from other causes than years ; for such wrinkles are generally indentations of the scarfskin only, and might therefore be called superficial. If then this scarfskin is removed, the lines will disappear ; and it is by the Turkish bath or by steaming the face or *masséeing* it, that the scarfskin is ordinarily removed. Most of the face bleaches advertised are composed of ingredients which, quickly or gradually, according to the thickness of the scarfskin, eat the latter away and thus free the complexion from premature or superficial wrinkles.

Astringent washes and lotions are prepared for preventing wrinkles, but in many instances, while they ward them off for a time, they are productive of injury in other directions, as they close the pores and give the skin a deadened appearance like that of parchment. Wrinkles are usually the result of a loose, flabby skin, and any tonic which acts upon the latter and renders it firmer, will, of course, make it less liable to fall into the objectionable lines and indications.

It is said that sleeping upon one side will cause wrinkles and crow's-feet to form about the eyes, and frequently more lines will be seen around one eye than the other. It is advisable, therefore, to sleep upon the back if possible, and if not, to accustom one's-self to sleeping alternately upon both sides. The sleeping posi-

tion is a matter of habit, and that of sleeping on one side can be changed, notwithstanding assertions to the contrary.

The benzoin and cucumber lotion given in a previous chapter is said to be an excellent preventive of wrinkles, which are seldom transient and never welcome visitors, and should therefore be met with reserve and opposition in the shape of such preventives as are harmless.

A highly recommended remedy is a mixture of the following ingredients :

Turpentine,	36 grains.
Water,	3 drachms.

Apply the lotion at night as soon as the first faint marks appear.

Another lotion, prescribed by a celebrated physician, is made thus :

Alum,	1 drachm.
Glycerine,	1 ounce.
Water,	1 pint.

The same authority also gives another, and both are to be used three times each day until the desired result is obtained. The second one consists of

Glycerine,	2 drachms.
Tannin,	1 drachm.
Rectified spirits,	1 drachm.
Water,	4 ounces.

A flabby skin is one whose tissues have been deprived or emptied of their fatty substances, and anything which will fill them out again will remove, to a great extent,

many of the wrinkles seen in faces showing skin of this description. A remedy, or rather a nourishment for the tissues, extensively used in England and coming into favorable notice here, is called "wool fat." It was used three thousand years ago, and is a substance of a yellow color and a greasy nature, being derived by steeping the clippings of sheep's wool in hot alcohol or spirits. It is very penetrating and quickly passes through the epidermis and restores the fatty substance to the empty tissues. It is said to be "chemically identical with an element found in the human bile and in certain vegetables, such as peas and beans." It may be obtained at first class drug stores, but if prepared at home, it is certain to be pure.

A cream for removing or lessening wrinkles, which contains wool fat is here given :

Wool fat,	1 ounce.
White wax,	1 ounce.
Spermaceti,	1 ounce.
Olive oil,	1 ounce.
Camphor gum,	$\frac{1}{4}$ ounce.

Dissolve the gum in the oil and add the other ingredients. Then heat sufficiently to dissolve the mass and beat it until cold.

Arsenic, which has always been more or less used by dermatologists for skin troubles, will also build up the fatty tissues and give a plump appearance to the face, but it should *never be made use of except under the direction of a doctor who fully understands his patient's condition.*

A mixture said to be efficacious is prepared as follows : Dissolve one grain of alum in a little rose-water, and

then beat in the white of one egg. Spread the mixture upon the face at night and lay a cloth or chamois mask over it.

A preparation which is a sort of paste for immediate use, and which will not last over two hours at the most, is made of oil of cochineal and powdered starch mixed until they are of a flesh color.

A lotion for removing wrinkles, said to be quite wonderful in effect is made of very simple ingredients. It is composed of

Tannin,	1 ounce.
Rose-water,	5 ounces.
Glycerine,	2 ounces.

Apply with a fine camel's-hair brush. If it is used constantly, wrinkles that are present are very apt to disappear, and new ones will delay their coming.

If none of the remedies suggested lessen the affliction of wrinkles, then nothing will, unless it may be one of the ironing machines previously referred to. Prevent wrinkles from coming by cultivating the sweet and noble traits of your disposition and crowding out those which show themselves in scowls and frowns; be careful not to contort the natural lines of the face when talking, reading or working, and then the lines on your face will not mislead as to your years. This is another of the cases where "an ounce of prevention is worth a pound of cure;" and though the advice just given has thus far been repeated in a number of forms, it is like a good old song—it will bear repetition until the chapters of this volume have reached the significant words, "The End."

BLACKHEADS.

This is the general name given to the small black specks seen so frequently about the nose and chin, and which when pressed at each side come forth in tiny spirals that have also given rise to the still more common designation, "flesh worms;" but the medical terms for them are Comedones and Acne. These exudations are not worms at all, though it is said that occasionally the extruded matter is parasitic in its nature. But this is so rarely the case that we shall simply explain the presence of these little particles as based upon the universally accepted and well authenticated theory.

It has been asserted that "blackheads are caused by broken pores," but this is an erroneous theory, though it is of slight kin to the rightful one. The drainage system of the skin has been fully explained, and every one understands that the openings of the ducts and glands are called pores. These pores, from one cause or another, become clogged with effete matter, which forms little plug-like particles that fill the openings or pores, and gradually the accumulations harden and thus distend the tiny openings. The first matter which produces the obstructions being pressed to the surface by the following inner secretions, comes in contact with the dust and dirty atoms floating about in the air and thus becomes blackened at the tip. The rest of the matter is protected by being encased in the duct, and of course does not assume a black color; therefore, when removed from the pores, each little white spiral or plug is tipped with a dark speck, which gives rise to the name "blackheads." Unless considerable care is exercised when these little

openings have been cleared of their contents by methods we shall suggest, they are likely to fill again from the particles in the atmosphere and those being thrown off from the system, and in a short time will become unpleasantly noticeable. Thorough ablutions with soap and warm water, together with persistent applications of astringent lotions to contract the distended pores, must form the basis of the cure if one can be accomplished.

The pimply eruption called acne results from an inflammation often caused by blackheads, and is a common disfigurement in both sexes between the ages of fifteen and twenty-four. If attended to at an early stage of its development, acne can easily be cured; and the trouble may always be definitely determined by a greater or less number of these spots which are intermingled with a number of inflamed blackheads. An acne pimple generally, but not always, shows at its summit the blackened end of the obstructing sebaceous or fatty plug. Like most pimples of their class, those of acne "ripen" and ultimately discharge a minute quantity of pus or matter. Sometimes the pimples are like tiny "blind boils" and slowly and painfully form abscesses, which finally discharge their contents, leaving an indelible scar. To prevent and cure blackheads there must be, as before suggested, absolute cleanliness, and that means plenty of soap and warm water, together with the friction of a soft, rough towel, after or with which course must be applied a treatment suggested by the following paragraph.

The general method is to steam the face until every unimpeded pore is in an active condition, and the contents of the inactive ones are softened. Then gently squeeze each little black spot until it comes out of its

resting place, using the finger-nails well protected by a fine handkerchief; or, better still, press the spots with the end of a hollow watch-key which has a broad rim around the opening, when the little plugs will come to the surface with no surrounding irritation. The bare finger-nails are said to poison or greatly irritate the skin. Anoint each spot as soon as it is cleared with vaseline or olive oil, rubbing the unguent in very gently. When all the spots have been thus treated, lather the face well with fine soap and very warm water, rubbing the affected portion quite vigorously for some minutes. Then wash off the lather, rinse the face thoroughly to remove every particle of the soap or lather, and then rub with a soft, rough towel.

A good lotion to use daily for acne or blackheads is formed of

Bicarbonate of soda,	$\frac{1}{2}$ drachm.
Carbonate of ammonia,	$\frac{1}{2}$ pint.
Lavender water,	$\frac{1}{2}$ pint.

Use the lotion at night after steaming, squeezing and washing the affected part of the skin as directed; and, by the way, in following this procedure, a popular writer also adds an important suggestion which we here give just as it was written, although it is not confined especially to the treatment of the difficulty under discussion, but includes much to which its principle is applicable:

“Take time, and do this (the removing of the comedones) carefully; if the mirror is not low enough for you to sit before it, do not make yourself nervous by standing up, but take a smaller glass, put it on a table or

some convenient place and go about your work in as easy a way as possible. *When women learn that all the strength gained by sitting down while dressing is so much more toward good looks and the prevention of wrinkles, it is possible they will be wise enough to profit by it.*"

The following plan is taken from an authentic source, and will probably prove efficacious :

"Dab the parts affected with blackheads with hot water, and try to press out the worst ones. Put a few drops of pure lemon juice in a saucer, with about ten drops of glycerine, and rub this in with the finger. After about ten minutes rub the skin with the cut lemon, and bathe with rose-water. Do this on several successive nights, and then commence using benzoin lotion and almond cream (recipes for both of which have previously been given), and continue their use for some time, until the pores are closer."

A severe and disagreeable, though effectual remedy consists in dissolving the scrapings of petroleum soap in boiling water to form a jelly. Spread a thin layer of this over the affected parts three nights in succession. Wash it off each following morning, and use a good cream or ointment daily to allay the irritation. After the fifth day begin to use the benzoin lotion previously mentioned and suggested, and, in addition, if the skin becomes too dry, apply almond or cucumber cream.

The following remedy has the recommendation of being positively reliable, and the writer can vouch for cures made with it, though the indorsement is not based on personal experience : Take four ounces (a gill) of water, and dissolve in it as much as it will take up of common washing-soda. Then mix into a paste with pure water, half an ounce of

oxide of zinc and the same quantity of precipitated sulphur. At night, moisten the affected parts with the soda solution, and before it dries cover the skin with a thin layer of the paste. In the morning wash with warm or tepid water. Use the remedy in this way for a week, and after that twice a week for a short time.

Patience must govern all attempts to cure this or other obstinate troubles, and the result will be well worth the expenditure of this noted virtue as well as that of time and trouble.

PIMPLES.

Pimples arise from various causes, and though generally easy to remove or overcome, they sometimes exhibit an obstinacy as tenacious as the affliction is disfiguring. They may result from some simple derangement of the system, from injudicious eating, from some impurity of the blood or from a neglect of the laws of hygiene; or, they may be simply local irritations dependent upon some unimportant and unknown cause. If the general health is good, any of the simple remedies given below will soon put pimples to flight. If they resist, then internal remedies must be taken, and the wiser plan is to let a physician prescribe them, since he will be better able than the patient to decide whether the difficulty is due to a disorder of the stomach or of the blood. If however, the digestion is good and the pimples are stubborn, purify the blood by taking sulphur and molasses, or Rochelle salts and cream of tartar, or any of the blood syrups suggested in a previous chapter, using at the same time such unguents or lotions as have been recommended for pimples, or any of the following ones. In curing the acne pimples

mentioned under "Blackheads," after each nightly steaming and washing process is concluded, apply sulphur ointment immediately to each little pimple. This can be procured at any druggist's, and should be diluted with twice its quantity of vaseline or pure lard. Wash it off in the morning, and if the face is hot and irritable, anoint it with any of the cold-creams given heretofore.

A lotion that may be used in place of the ointment just mentioned being applied with a soft cloth after washing or steaming the face, is composed of

Sulphur praecip,	1 drachm.
Spts. rectificat.,	1 ounce.

In obstinate cases, where pimples may result from both blood and stomachic causes, the following treatment is said to be very successful. The lotion for the pimples is composed of

Milk of bitter almonds,	7 ounces.
Bichloride of mercury,	4 grains.
Spirits of rosemary,	1 ounce.

Bathe the eruption three times a day, and take the following powders night and morning, or at night only. The ingredients for *one* powder are

Flowers of sulphur,	$\frac{1}{2}$ drachm.
Carbonate of soda,	1 scruple.
Tartarized antimony,	$\frac{1}{8}$ grain.

Pimples that appear at the top of the forehead and about the chin are generally the result of some derangement of the stomach, which must be corrected. Then the wash given below may be applied with general success.

Borax,	9 grains.
Rose-water,	1 table-spoonful.
Orange-flower water,	1 table-spoonful.

Sometimes a spotted redness, not unlike measles, will suddenly appear upon the face, and possibly after a time as suddenly disappear. During its presence the irritating and hot sensation it produces is very unpleasant, and it may be mitigated by a lotion of lemon juice and soft water, or rose-water and carbolic acid, in the proportions of one tea-spoonful of the acid to one pint of rose-water. Carbolated vaseline is also an excellent remedy for pimples and eruptions on the face or body. A lotion that is good for the spottedness mentioned, and also for red pimples is made of

Sulphate of zinc,	9 grains.
Distilled water,	$\frac{1}{2}$ pint.
Essence of lemon,	10 drops.

Apply evenly to the face just before going to bed.

When pimples come from rough treatment of the skin, a remedy which is excellent for them, and also for various other eruptions is composed of

Lard,	6 drachms.
Glycerine,	2 drachms.
Carbolic acid,	$\frac{1}{2}$ drachm.

An unguent said to cure severe cases of pimples consists of

Benzoated lard,	1 ounce.
Almond oil,	$\frac{1}{2}$ ounce.

Perfume it with "Jockey Club" and oil of orange. This

also forms a simple cream for roughness or redness of the skin.

Pure carbolic soap will be found very soothing in washing a pimply or irritated surface, and after the latter is dried, if it is powdered with carbolated talc, the healing process will go on much more rapidly. A few drops of pure carbolic acid in the bathing water will also soothe eruptions and cool excoriated or chafed surfaces. The virtues of this acid as an emollient cannot be too highly extolled, and even though it is not needed as a medication, as a purifier it is highly recommended for all summer baths.

WHITE PIMPLES.

These are sometimes called "whiteheads," and there is no remedy for them except to puncture each separately and squeeze out the contents. This is a painless operation and leaves no scar.

SCARS AND POCK-MARKS.

These two disfigurements cannot be removed, but both may be lessened in effect. If in closing a wound a surgeon has been careless in his work, a scar may result which, in its contractions, will draw out of shape the surrounding tissues and skin. No instruction for remedying the blemish can be given the amateur, but a good surgeon will be able to restore at least a moderate amount of sightliness, even though he cannot wholly eradicate the scar. But when a wound is received, if it is likely to leave a scar, it should at once be put under the care of a skilful surgeon, who will see that the raw and bleeding edges are cleansed from all particles of dirt or dust

or any foreign matter, and then accurately drawn together and either sewed or held thus by adhesive plaster. Then the scar will be much lighter, and in many instances but faintly visible.

The method of smearing the face of a small-pox patient with oil and then covering it with a mask of cotton is very successful in preventing pitting. The oil soothes the pustules and keeps them soft, while the mask excludes the air and protects the face from being scratched by the restless hands of the delirious patient. It is often necessary to tie a patient's hands, as the latter are said to be largely responsible for the pitted faces that are also seamy. Pock-marks may be made less apparent by long-continued inunctions of some soothing cream or oil, and daily applications of astringent lotions; but they cannot be wholly removed. If the skin is thus kept soft and elastic, it stands to reason that these disfiguring contractions will to a certain extent lose something of their tension and in that way become less noticeable. Any of the wrinkle lotions may be used, and if the unfortunate victim of this dreaded disease is persistent and patient, she may find an improvement in her personal appearance that will sufficiently reward her for all her efforts.

WARTS.

These are simply overgrowths of flesh covered with a hardened skin. They are of two varieties, hard and soft; and as either can be removed without much difficulty, there is no reason why any one should suffer mortification because of a crop of warts on either hands or face. A very large wart should be removed by a surgeon or a physician, even though he employ precisely the same

remedies as these recommended in this chapter; for a large wart would naturally create a scar which, unless properly attended, might prove as disfiguring as the wart.

A very simple remedy consists in wetting the warts and rubbing them two or three times a day with a piece of common washing-soda. This will sometimes cause them to disappear almost before one is aware that they are beginning to lessen. Muriatic acid or glacial acetic acid applied to a wart two or three times daily will soon cause it to shrivel and blacken and finally fall out. Use a wooden tooth-pick or a sharpened match in applying it, being very careful not to touch the normal skin around the wart. It may be necessary to scratch the wart, if it is very hard, with a tiny sharp instrument before the first application, in order that the acid may more easily begin its work. This will make the application more painful, but will hasten the result. Small white scars, which are hardly visible and often wear entirely away, are left after removing warts.

If warts are rubbed with a moistened piece of muriate of ammonia, it is said they will shortly disappear.

• The high, raised warts are more easily cured than those of soft flesh, which are almost level with the skin. For the raised ones, try winding a silk thread tightly at the base, and gradually tighten this every night by twisting the ends. Also obtain a piece of pure lunar caustic (nitrate of silver), and place it in a quill; moisten the top of the wart, and carefully rub on the point of the caustic without touching the surrounding flesh. If it is a soft wart the skin will peel; if a hard one, cut the top as you would a corn, and continually keep applying the caustic and cutting away the wart. This seldom fails to cure.

Do not accept a wart pencil, but get the pure caustic, which looks like a piece of kitchen soda. It must not be handled with the bare hands, and it should be kept in a case or wrapped in tin-foil.

It would simply be a waste of time to give the numberless old-fashioned remedies based upon superstition and faith which any of us can recall from the memories of our younger days. Warts which have disappeared after the mysterious rites of such remedies most likely owe their disappearance to some other and natural cause, since upon these "black art" cures not a foot-hold for any reasonable theory of success can be found. The simple remedies suggested herein are within the reach of all, and each has a tangible philosophy of its own regarding its curative properties.

Warts which appear near the ears, on the throat and under the chin are glandular and should not be meddled with by inexperienced persons. A surgeon or physician should treat them, and very likely his method will be by electricity. Specialists claim to remove warts or moles without leaving scars, the procedure being accomplished by an application of an anæsthetic nature, which penetrates and desicates or dries them up without breaking the skin; and after a few days they fall off.

CHAPTER XXIV.

MISCELLANEOUS BLEMISHES AND DEFECTS.

FLUSHING, PALLOR, SCURFY SKIN, DRY SKIN, GREASY SKIN AND EXCESSIVE PERSPIRATION.

FLUSHING.

FLUSHING, or general redness of the face may be occasioned by an interruption of the digestive processes through concentration of the mind, or it may come from a fevered condition of the blood or from a debility of the minute blood-vessels in the skin. The cause must be sought out and overcome if possible, and in the mean time, during the recurrences of the difficulty, try hot foot-baths. Take plenty of exercise, see that no garment is permitted to interfere with the circulation, practice cold bathing and take a good tonic. Stimulate the blood-vessels by astringent lotions, the following being excellent for the purpose. Take of

Tannic acid,	15 grains.
Camphor-water,	5 ounces.

Dissolve these ingredients, and use several times a day, allowing the wash to dry on the face. Plain spirits of camphor diluted with water is a soothing and whitening lotion and may be applied two or three times daily.

If the flush or redness has been produced by heat or cold or the wind, take of

Lemon juice,	1 table-spoonful.
Almond oil,	1 table-spoonful.
Rose-water,	2 table-spoonfuls.

To this mixture, if the skin is not cracked or chapped, may be added a few drops of eau de Cologne. Use as often as possible.

If rice powder is lightly applied after bathing the face in diluted glycerine, it will cool the skin and reduce and conceal the redness to some extent; but the most hope must rest on proper diet, plenty of exercise and a general regard for all hygienic laws.

PALLOR.

Almost the same rules govern the overcoming of this difficulty as these directed for flushing or redness of the face. Pallor generally results from a bad circulation and an anæmic condition of the blood. The former must be equalized and strengthened by exercise and proper clothing, and the latter overcome by tonics and by food, that contains plenty of nitrogen and will readily digest. Eat plentifully of rare beef eggs, and vegetables that are rich in phosphorus, and, if possible, drink claret at dinner. Keep the feet warm both day and night, and do not try to sleep at all while cold. Get warm first, even if it is necessary to indulge in calisthenic exercises in the middle of the night in order to get the blood into active circulation.

If the paleness continues, or is constitutional or chronic, a little color may be coaxed into the face, just for effect, by a daily application of the following lotion, which was prescribed by a medical man:

Dilute liquid ammonia,	1 ounce.
Glycerine,	2 ounces.
Water,	4 ounces.

Rub this well into the skin for about three minutes, and then carefully wipe with a soft towel.

Before going out or dressing for an evening entertainment, washing the face in very hot water will bring a fresh color to the skin. So will a gentle application of gin or Jamaica rum and water; and another unique remedy is to spray the cheeks with extract of ginger, using an atomizer for the purpose. Friction with a rough towel or a bit of flannel is another method, though, of course, all of these results are more or less transient.

Benzoin is said to be very efficient in calling the blood to the surface and imparting a rosy glow; therefore, any of the lotions previously given which contain tincture of benzoin will, if used daily, assist in overcoming habitual pallor. One which is considered particularly good in such cases is composed of

Tincture of benzoin,	1 table-spoonful.
Rose-water,	3 ounces.

Iron is the tonic generally given to supply red blood, and charcoal is an able assistant, since it purifies the stomach and thus prevents a debility of the blood from this source. A most excellent iron mixture may be made by throwing into a gallon of hard cider a couple of handfuls of the scales of iron that fly from the red-hot bars which the blacksmith hammers into different shapes on his anvil. A few nails may be substituted for the scales if the latter are not easy to obtain. A small wine-glassful

of this tonic taken before each meal is said to "work wonders" in bringing a permanent glow to usually pale faces.

In addition to friction, electricity is another tonic for the stimulation of the blood-vessels. If applied with a battery, small brushes intended for the purpose are passed rapidly over the skin, bringing the blood to the minute blood-vessels with considerable force. The wearing of silk undergarments next the skin is productive of an electric current, and is beneficial in bringing a healthy tinge to the skin.

If, however, pallor results from ill health, the sufferer should place herself under the care of a good physician, since she cannot expect to renew an overtaxed system or repair the ravages of physical derangements by external applications or even by the simple remedies which are here given as aids, not principals, in the restoration of health and beauty.

SCURFY SKIN.

The roughness called by the above name is generally located upon the forehead, cheeks, chin and the sides of the nose, and is an eczema classed as "erythematous;" that is, it causes a morbid inflammation of the skin which appears in small, rose-colored patches. A feeling of tightness generally accompanies the inflammation, and the affected skin itches and burns most annoyingly. The inflammation is superficial, but it interferes with the glands, causing a dryness of the epidermis, the cells of which it increases in number to such an extent that they come to the surface before Nature has time to protect them by the horny covering she gives to the others. This imperfect condition of the cuticle, together with a

deficiency in the secretions of the oil-glands, causes the rough, scaly or scurfy appearance of the skin. Owing to this condition the true skin is liable to be irritated by the use of soap, and the latter should therefore not be applied but strained rice-water, gruel, oatmeal or almond meal water should be substituted, unless some of the soaps made by the formulas found in the chapter on perfumes and soaps are chosen. These, containing no alkalies, may be used without irritating the skin.

This eczematous condition is distinguished from simple dry skin by accompanying pain and inflammation. It is often caused by too frequent washings with soap that is not fine or pure, or by digestive derangements. Exposure to severe heat or cold will aggravate the disease, which is generally more common with women than men.

In treating it the regulation of the diet is the especial point of attack. Spirituous drinks, soups and seasoned dishes should be avoided. Tea is said to be extremely injurious, as are all hot fluids. The diet must be such as will readily digest, and a cooling laxative should occasionally be taken. When all this has been strictly attended to and the general system is in good condition, then a soothing lotion or wash can be used through the day and a cream or ointment at night. A good lotion which is said to be very cooling and to prevent a tendency to redness is composed of

Powdered borax,	½ ounce.
Pure glycerine,	1 ounce.
Camphor water,	1 quart.

Mix, and use twice a day; and if the camphor water is

home-made, filtered rain water must be used. Almond or cucumber cream may be used at night.

The following is a cream made expressly for roughened skins, and it is very soothing and healing.

Spermaceti,	I ounce.
White wax,	I ounce.
Oil of sweet almonds,	I ounce.
Oil of olives,	I ounce.
Oil of poppies,	I ounce.

Melt together, and beat until cold and like cream.

Another good cream is formed as follows :

Spermaceti,	I ounce.
White wax,	I ounce.
Olive oil,	I ounce.
Honey,	I table-spoonful.

Melt the ingredients, and beat them to a cream.

DRY SKIN.

As just suggested, a dry skin may be the result of too profuse a use of soap, which frequently removes too much of the sebaceous secretions of the glands. The skin soon becomes coarse and dry when deprived of its natural oil; and this condition is also often brought about by using too much powder or sitting too near a fire. Powder or any cosmetic, even if used moderately, should always be washed off on retiring, and the water should be warm. It is best not to use soap for a dry skin, unless it is of the purest kind. Toilet soaps made at home are recommended when they contain no alkali; but if the soap on your toilet stand is of a doubtful or cheap kind, do not

use it at all, especially if your skin is dry. Oatmeal or almond meal may be rubbed gently over the face instead, and it will cleanse and at the same time lubricate the skin. After washing the face, rub in some of the softening lotions or any of the emollient creams previously suggested. Olive and almond oils are among the best emollients for a dry skin, and either slightly perfumed should find a place upon the toilet-table of every lady who has a rough or dry skin.

GREASY OR OILY SKIN.

A skin of this description results from an excessive secretion of sebaceous matter, which is often more oily than it should be. A disagreeable characteristic of such a skin is that it is almost impossible to keep it clean-looking, since from its oily nature it retains traces of every contact with dust and grime. Besides, it presents a sufficiently disagreeable appearance to warrant the mortification it causes. Rich or greasy foods should not be eaten by any one who has a greasy or oily skin. Salads and cooling foods and drinks, and astringent balms and lotions are the weapons with which the difficulty must be overcome.

In washing use plenty of good soap and warm water, making a thick lather and rubbing it thoroughly into the skin. Rinse the skin well, and then use some lotion in which there are no oily or greasy ingredients. A few drops of ammonia in the water used for washing and rinsing the face prove quite efficacious in removing the oily look. Dry the face gently and occasionally dust it with powdered oatmeal, rubbing the powder off after a short time.

A recipe found in an old book of cosmetics, and especially recommended to those blondes whose skins will occasionally look greasy, has been tried and not found wanting. It is made of

Sulphate of zinc,	2 grains.
Compound tincture of lavender,	8 minims.
Distilled water,	1 ounce.

Apply the lotion two or three times a day dabbling it on the skin with a soft rag.

A simple wash for an oily face is made of

Elder-flower water,	1 pint.
Tincture of benzoin,	1 ounce.

Drop the benzoin in slowly, stirring all the time to prevent the mixture from curdling.

In the chapter on the care of the skin will be found a few other remedies for this trouble, which, while not serious is exceedingly annoying. It is well, after washing the face, in case no regular lotion is used, to dabble a little toilette vinegar, bay rum, eau de Cologne or rose-water on the skin, allowing it to dry without friction. Fine powder may then be lightly applied, and for the time being, the greasy look will disappear.

EXCESSIVE PERSPIRATION.

The medical name for this annoyance is hyperidrosis, and the term is as formidable in sound as the affliction is unpleasant. With many people it is a constitutional trouble, in no way interfering with the general health or resulting from any debility. Sometimes, however, it is the reverse, proving weakening and requiring medical treat-

ment. It will, in time, in either case, prove detrimental to the skin, frequently causing it to look pallid or become coarse and greasy in appearance. People who suffer from excessive perspiration should avoid warm baths, but if unable to take absolutely cold ones, should have the chill removed from the water and then sponge the body with it, having first added diluted sulphuric acid in the proportion of two drachms of the acid to one pint of water. Then powder generously with pulverized starch, which may be scented with powdered orris or any other perfume desired.

Another drying lotion which is highly recommended is made of

Tannic acid,	1 drachm.
Eau de Cologne,	6 ounces.

Apply the mixture with a sponge, and afterward powder plentifully with starch. It will be understood, of course, that the linen must be frequently changed, and it is advisable to wear wool next the skin for the reasons explained in the chapter on underwear.

Some of the unpleasant effects of profuse perspiration may be allayed by bathing the parts affected with a lotion made of

Hydrate of chloral,	1 ounce.
Water,	1 pint.

Use a soft linen cloth in applying the mixture and allow the latter to dry on the skin.

A celebrated physician prescribes the following for checking undue perspiration: "Three or four ounces of oak bark placed in a pint of boiling water and boiled ten minutes. Add half of this to a basin of hot water, to

which also add a dessert-spoonful of powdered borax and the same quantity of fine starch. Sponge the affected parts night and morning."

A similar liquid to be bottled for general use is made by boiling a few ounces of the bark for fifteen minutes in a quart of water. Strain and bottle the liquid, and use a couple of table-spoonfuls of it to a gill of water for bathing the arm-pits.

A remedy which will check excessive perspiration, but will not prevent a return of it, is made as follows :

Powdered alum,	$\frac{1}{2}$ ounce.
Boiling water,	1 quart.
Powdered camphor,	$\frac{1}{4}$ ounce.
Juice and peel of one lemon.		

Wash the affected parts, and then bathe them in this lotion.

Unless perfect cleanliness is observed, an unpleasant odor is likely to result from excessive perspiration; and even with the utmost care it sometimes makes itself manifest. It may be neutralized by using boracic acid—one part of the acid to twenty of hot water. Boracic acid in the form of a powder may also be dusted on the skin and will be found a valuable agent in overcoming the odor mentioned.

Another lotion with which to check excessive perspiration is formed of

Water,	8 ounces.
Rock ammonia,	1 ounce.
Tannin in powder,	$\frac{1}{2}$ ounce.

Dab this on with an old handkerchief, and if the hands

are the afflicted members, powder their palms with bismuth.

A powder for hands which perspire is made as follows :

Powdered starch,	4 ounces.
Iris,	4 ounces.
Fine white chalk,	8 ounces.

Mix this and dust the hands with it after washing them in water in which there is a little ammonia or borax.

Sleeves which are too tight, either along the arms or in the arm-holes, frequently occasion excessive perspiration of the hands. For the latter use a spoonful of ammonia in the rinsing water, and then before putting on the gloves bathe the palms with the following solution, which should be kept bottled on the toilet-stand:

Powdered alum,	$\frac{1}{4}$ ounce.
Boiling water,	1 pint.
Spirits of ammonia,	1 tea-spoonful.

Apply dry, and dust the hands with oatmeal.

If the feet perspire, bathe them in salt and water every morning to harden them, and wear woollen stockings all the year round, using merino in the summer time. Cotton ones increase the unpleasantness.

The oak bark decoction will also tend to prevent perspiration of the feet, as will any of the other lotions prescribed. Powdered starch or oatmeal should be plentifully used, and carbolated talc will be found almost invaluable to any one suffering from perspiring feet. Starch, finely powdered and put into a flannel bag and then wet thoroughly with bay rum, will, after it is dry, prove a

very refreshing toilet powder for victims of excessive perspiration.

If the feet are made very tender by perspiration, put arnica in the rinsing water after washing them; soak them in this rinsing water for ten or fifteen minutes before retiring, and dust them, especially between the toes, with carbolated talc. Those whose feet perspire profusely should avoid wearing hosiery of such colors as are apt to poison the blood, since, as before explained the soles of the feet are more absorbent than any other portion of the skin, and the perspiration, being confined by the shoes and hosiery, readily dissolves the dye of the latter, and together the two are taken back into the system with oftentimes serious results. None of the remedies suggested will permanently check perspiration. If they did, they would endanger life, since it is through the sweat glands that waste and decomposing matters are thrown off from the system, and a necessary amount of natural moisture is supplied; and we have seen, too, that profuse perspiration, such as is induced by Turkish and Russian baths, is beneficial both to the system and to the complexion. Sweat bleaches by carrying away impurities, and, though we are sorry to believe it, it is certainly true that the perspiration produced by work or the heat of summer is the nearest approach to a complete bath that many unfortunates experience; and but for these baths serious results would follow their uncleanly conditions. If, after profuse perspiration, they would only take a thorough bath of soap and water, their moral and physical conditions would be greatly improved, their dispositions rendered more cheerful, and their presence more endurable. Perspiration is Nature's effort and ablutions, man's; and the

two should be joined upon a general basis as a benefit to all mankind. When Nature throws to the surface waste secretions they should not be allowed to be again taken into the system, but should be removed by ablutions and changes of clothing, thus observing the religion of cleanliness, which includes healthfulness and beauty.

CHAPTER XXV.

THE SHOULDERS, ARMS AND HANDS.

WHAT sentimental poet has not sung the praises of gleaming shoulders, tapering arms and snowy hands? And what maiden of the day does not covet all three? And if she is the possessor of the trinity or any of its components, can one blame her for being the least bit proud, if she does not allow her little vanity to outgrow her good sense? But if she possesses neither of the three and goes much into society, no one can censure her if she uses every effort which comes within her knowledge to improve herself in these respects, since the garb of society requires a liberal display of these portions of the person.

A pretty pair of shoulders, curving out from a graceful neck and sloping down to shapely arms, will always call forth admiration, and if their tint be that of snow, with just enough of the rose underneath to create the impression of health, so much the more will they be admired. Then, too, their poise must be perfect and their lines graceful; and by exercise and a proper development and carriage they may be developed into shapely outlines, while by applications of lotions and unguents the whiteness of the skin may be brought out or increased.

Many young people have a habit of sitting or leaning in a one-sided fashion, which sooner or later shows its results in the shoulders, one of which will be higher than

the other. This is especially the case with those whose duties compel them to sit several hours daily at a desk, engaged in clerical work. The right shoulder invariably becomes higher than the other, and though it may not be casually perceptible, it is the occasion of many a badly fitting dress. As time wears on the defect becomes more apparent, and the opportunity for remedying it is beyond recall. In taking up work which will necessitate the raising and use of one arm or the other, the individual should attempt in some way to equalize the position, so that the lop-sided result may be avoided.

There is also a noticeable tendency in young girls, and boys too, towards a drooping position when standing or sitting, and many a pretty pair of white and shapely shoulders have been thrown into the backward curves that make an individual "round-shouldered," which is the next thing to an actual deformity. The back should be flat—that is the shoulder blades should not protrude; and with the exercise of proper care there is no reason in the world why they should. When they form the curve considered so unsightly, the chest assumes a hollow outline, thus antagonizing the plans of Nature, who intended the shoulders to be flat at the back, and the chest full and rounded. Children should be taught to walk erect, with the shoulder blades "drawn in" and the chest "thrown out;" and all who show any disposition towards a stooping attitude should also adopt the same practice. Keep the framework of the body as Nature planned it and the pose and poise will both be noticeable for their grace and elegance. Such a carriage will soon become a habit, from which it will not be easy to drop into the one wherein the shoulders curve and droop and the chest becomes concave in

outline. The prettiest neck in the world never attracts when it is thrust forward from shoulders that may be white and smooth but are totally at fault so far as poise and outline are concerned.

Having urged the advisability of holding and keeping the shoulders in the shape intended by the Creator, we gladly add a few suggestions and directions for improving the texture and color of their skin. Sometimes a face as fair as a lily is set above shoulders and arms as rough as a grater and almost as red as the proverbial boiled lobster. The roughness consists of a pimply surface, the pimples being minute and dry, looking something like those which appear on the skin when it is exposed to the cold. Upon retiring wash the shoulders and arms with warm water and fine soap or almond meal, using a rough wash-cloth or a "loofah." The latter is a sort of vegetable sponge, being really the interior net-work or seed portion of an Egyptian vegetable of the pumpkin tribe. It is strong and fibrous, and though stiff and wiry when dry, it becomes softer when wet but not as much so as a sea sponge. It is therefore valuable in producing friction and thus smoothing the roughened cuticle. After thoroughly rubbing the arms and shoulders with the loofah, dry them, and then rub in almond oil or any of the creams suggested; and in the morning again wash in warm water and fine soap or oatmeal, after which apply any of the lotions given for whitening the skin, or rub with lemon juice and bay or Jamaica rum. This treatment, if systematically persisted in for some time, will render the skin smooth, clear and fresh looking. Then unguents or embrocations may be used.

A remedy popular in the time of Queen Anne for

whitening the shoulders and arms and making flabby flesh firm and clear-looking consists of the whites of four eggs with a grain or two of alum, beaten until they are thick. This is spread on the skin over night and carefully covered with old linen.

A similar remedy is a paste made of the whites of four eggs boiled in rose-water and then beaten thick after a grain or two of alum has been added. This paste is to be spread on the skin over night, or during the afternoon before a party, and covered with old linen.

An English recipe for whitening the arms is made of two ounces of old Windsor or almond soap dissolved in two ounces of lemon juice; to this is added one ounce of the oil of bitter almonds and the same quantity of oil of tartar. Mix the whole mass until it is like soap, and use it to wash the hands. These are the most powerful agents that can be safely applied to the skin, but the mixture should not be used if the skin is chapped or scratched.

An embrocation for whitening the shoulders, arms and hands, that dates back to the times of King James, is made as follows :

Myrrh,	1 ounce.
Honey,	4 ounces.
Yellow wax,	2 ounces.
Rose-water,	6 ounces.

Melt the wax, honey and rose-water together in a dish over boiling water, adding the myrrh while hot. Rub the paste or cream thus formed thickly over the skin before retiring for the night. This would also make an excellent preparation for wearing with a mask upon the face.

Almond paste is a fine whitener for the hands and arms. The recipe for it has been previously given, but will bear repetition as especially adapted to the purpose just named.

“Take of sweet and bitter almonds each two ounces, and pound into a paste; add spermaceti four drachms, oil of almonds half an ounce, white Windsor soap, scraped fine, half an ounce, oil of bergamot or oil of stephanotis twelve drops. Heat slightly and gently when all the ingredients are prepared, and then whisk well until the whole forms a stiff paste. To prepare the almonds, first blanch them by placing in cold water, which heat slowly to scalding; then take out and rub or peel in a cloth, throwing them into cold water when peeled. Keep for a few days in a dry place, and then strew them over a dish or tin, and place in a lukewarm oven for half an hour. Chop small, and roll with a rolling-pin, then use for the almond paste according to the directions. Almond paste, made really of almonds, and without lard or other greasy compound containing animal fat, is one of the finest things for whitening the skin. This paste, with the soap omitted, is also useful for the skin generally, but when the soap is employed, it should be used for the hands and arms only.”

All hands are not and cannot be beautiful, judged from the approved standard of perfection; nor do we deem it wise to describe the perfect hand, lest we discourage those who possess hands which fall below the standard from endeavoring to make the most of them by rendering them soft and white, keeping the nails rosy and polished and showing in every way that they are well cared for. The very fact that one's person is properly cared for is

made perfectly evident by a complete air of refinement which seems to radiate from every hair of the head, every pore of the skin and each finger-tip of the dainty hand.

A hand may be large, but if it is white and soft, its size is forgotten. It may be tiny and dimpled, but if it is rough and red or is tipped with badly-shaped, badly cared-for nails, its symmetry is unnoticed. A well-kept hand looks wholesome and clean, and even though not shapely, may be more admired than if it were, provided in the latter case it displayed the defects which arise from neglect.

Never mind its shape. Such as it is let it be, but put the skin and nails in order and keep them so. The process may require some time, but when the result is accomplished, only a few minutes each day will be needed to preserve the result you have attained.

To begin with the most hopeless-looking hands—hands that have ever been servants and the recipients of utter indifference as to their appearance. Have in your room every night a bowl half-filled with milk, and just before retiring immerse the hands in it for at least ten minutes. Then dry them softly with an old napkin or towel and afterward rub them thoroughly with some colorless grease or unguent, such as mutton-tallow, almond oil, almond cream, cucumber cream or vaseline. Then draw on a pair of loose gloves of kid or chamois and wear them until morning. Try this for a month, and by the end of that time the hands should show great improvement unless they bear indelible marks of toil. Wear old gloves whenever you can in doing your work or in going out into the sun for any length of time. If it is necessary for you to have your hands in soapy water in the perform-

ance of household duties, be sure to thoroughly rinse off the soap with clear water before using the towel; and when you will not have to immerse your hands again for two or three hours rub them after rinsing and before drying with the following lotion :

Honey,	1 ounce.
Lemon juice,	1 ounce.
Eau de Cologne,	1 ounce.

This will both soften and whiten them, and is excellent to apply before retiring.

Another lotion, given elsewhere in this volume, but especially adapted to use just before drying the hands, is made as follows :

Rose-water,	3 ounces.
Glycerine,	1 ounce.
Carbolic acid,	10 drops.

The hands may be whitened very promptly, by dissolving five or six grains of chlorinated lime in a wash-bowl of water, which should always be as near the temperature of the body as possible. All the lotions containing corrosive sublimate will be found very whitening, though they sometimes irritate sensitive skins and should not then be continued.

To soften and whiten hands roughened by housework, get some flint sand or some white powdered quartz, such as is sold for filters. Fill a basin half full of the sand and soap-suds as hot as can be endured, using Castile or any pure soap. Wash the hands in this for five minutes at a time, brushing and rubbing them in the sand. Make a warm lather of fine soap with which to rinse off the sand

and then dry the hands and rub them in bran or corn meal. Dust off any deposit left by either and then thoroughly rub in some cold-cream, almond oil, vaseline or whatever unguent or emollient may be preferred.

Before such a hand-bath as this, all stains should be removed from the skin with oxalic acid or lemon juice and the places touched by the acid rubbed with cold cream to supply the place of the natural oil which has been removed by the acid.

When household duties render it necessary to have the hands in soft-soap or soap-suds, if when they are removed from either they are immediately washed in vinegar or lemon juice, they will keep soft and white. The acids neutralize the corrosive effects of the alkali, and thus prevent any injury of the skin therefrom.

A formula or a wash given by a noted specialist at the request of a number of ladies obliged to do their own housework, and desirous of keeping their hands in nice order, is as follows :

Rain or boiled water,	1 gallon.
Powdered borax,	$\frac{1}{2}$ ounce.
Oat meal,	1 package.

Let the mixture stand for two or three days; then strain and add a little alcohol to keep it. A little glycerine, if desired may be added to the mixture, though it is not necessary, as the oatmeal provides an oily element to the lotion. The specialist further adds: "Too much care may be taken of the hands, thus rendering them sensitive," and we are inclined to agree with her, since to make the skin very fine and delicate, must of necessity

render it liable to irritation from the atmosphere or other causes.

It is said that the hands may be quickly whitened by the following process: Rub them well at night, for three nights in succession, with almond oil, and then cover them with as much fine chalk as they will take. It is claimed that this is an effectual method.

Gowland's lotion, an old and reliable preparation, is recommended for whitening the hands. A few drops of it are to be used in a wash-bowl of water. Another familiar method is the following: Peel some horse-chestnuts, thoroughly dry them in the oven, and then reduce them to a fine powder. Put a table-spoonful of this powder into the rinsing water whenever the hands are washed.

A good wash for preventing redness of the hands, and also for destroying warts is made of

Muriate of ammonia,	.	.	.	1 tea-spoonful.
Aromatic vinegar,	.	.	.	1 table-spoonful.
Tepid soft water,	.	.	.	1 quart.

Soak the hands in this for about fifteen minutes each night and morning.

But it must be borne in mind that none of these remedies will prove efficacious if from any special cause the hands are red. Tight sleeves, gloves or corsets will redden the hands by so damming the blood that it cannot return from the extremities, and even a bracelet that is too closely adjusted will redden the hands and arms. If the bad circulation does not result from any of these causes, it should be looked after by a doctor, for in any event it will interfere with the personal appearance, causing

either redness or pallor or cold hands and feet. Sometimes the redness of the hands may be dispersed by soaking the feet in very hot water.

Simple remedies for softening and whitening the hands consist in the use of almond meal, oatmeal or corn meal in the place of soap, and then rubbing the hands with lemon juice or honey lotion, or any of the unguents previously mentioned and described.

Regarding the washing of the hands, the methods are exceedingly diverse for each one who thinks anything about it generally has her own pet way, which, of course, is "the best;" and each should follow the plan which seems to agree best with her own skin. Baron Alibert a long time ago was the most celebrated of the French dermatologists, and he once shocked a patient who asked him how he kept his hands so fair and white by telling her he "*never* washed them," adding, after allowing her to amuse him by her surprise, "except with the best olive oil of Aix." This practice is not likely to be imitated, since at the present day other methods more cleanly and productive of the same results are well known and made use of.

Glycerine and vaseline are much used, but glycerine must be diluted, as it does not in its full strength agree with all skins, some of which it turns a brownish color, while others it irritates. It must be *chemically pure*, and then about a tea-spoonful of it to a pint of soft water will form a lotion which will soften and protect the skin from the air. Vaseline does not suit all skins, and cold-cream will yellow some faces and cause hair to grow more vigorously upon them. Each individual must experiment with the creams and unguents recommended until

she finds the one which seems to suit her skin best, and that will be the one for her to use.

The wearing of gloves at night is practiced by ladies willing to take that trouble and endure any disagreeable sensations produced by wearing an article intended for the street in bed, for the sake of the improvement it will make in the color and texture of their hands. Of course, there is no special virtue in the gloves themselves, except that they keep the unguents or pastes spread upon the hands in the place intended, and prevent them from transferring themselves to the night and bed linen. With rubber gloves, however, no pastes are used, since, being impervious, they sweat the hands, and thus bleach, soften and whiten them.

In using kid or chamois gloves get them about three sizes larger than the regular size worn, so that they will slip on easily and not interfere with the circulation; and select the mousquetaire style, as such gloves need not be buttoned, and are therefore convenient to put on and take off. A paste to spread upon the inside of such gloves, and said to be very whitening, is made of

Oil of sweet almonds,	. . .	2 table-spoonfuls.
Tincture of benzoin,	. . .	1 dessert-spoonful.
Rose-water,	. . .	1 table-spoonful.
Yolks of two fresh eggs.		

Beat the ingredients well together, and spread or paint the mixture on the inside of the gloves every night. One pair of gloves with this mixture will last for about two weeks only, but they can be bought very cheaply in unfashionable colors and large sizes. They should be selected of light color in order to prevent staining the bedclothing or

hands, and the ends of the fingers should be cut off, as it is not desirable to bleach the nails, which must be pink and rosy.

A fine, sweet-scented paste for night gloves is made of honey, cold-cream and rose-water, thickened with Florentine iris powder. Turn the gloves wrong side out and smear them with this paste, renewing it when necessary. The white of an egg whipped with a little powdered alum makes a good paste for the hands when night gloves are worn.

Mittens filled with a paste made of oatmeal, almond meal or bran are worn at night by many ladies who do their own housework and prove the secret by which their hands are always so soft and white; and this is certainly a remedy within reach of every one. The women of the Orient envelop the hands nightly in large gloves filled with a paste made of barley or rice flour and milk, and thus secure lovely white hands.

In washing the hands use a nail brush vigorously, not only on the nails, but all over the hands; and to keep the latter of a good color a writer of repute directs that they never be placed in cold water. Of course this cannot always be avoided, and therefore after immersion in cold water, dry them quickly and rub in some honey lotion or some of the glycerine lotion recommended heretofore.

When the hands are inclined to be rough, rub them well with the following wash :

Lemon-juice,	3 ounces.
White wine vinegar,	3 ounces.
White brandy,	½ pint.

Dry oatmeal gently rubbed over hard hands which have just been washed in warm water and soap will gradually soften them. Bran may be used in the same way and so may corn meal.

When hands chap and crack from using hard water they may be made less liable to the trouble by throwing a little ammonia or borax in the water ; but one must be careful not to use too much or the effect will be neither soothing nor beneficial. For chapped hands any of the creams given in the previous chapters will be found beneficial and soothing. The old fashioned remedy of mutton tallow is also recommended, and if when it is rendered, a few drops of the tincture of benzoin is dropped into it and thoroughly incorporated its healing qualities will be considerably advanced.

Camphor ice is another remedy for chapped hands, and for chapped lips also, and we give below a formula for making it.

Melt together in one pound of almond oil, in an earthen dish set in a vessel of boiling water,

White wax,	1 ounce.
Spermaceti,	1 ounce.
Gum camphor,	2 ounces.

Rub or stir until thoroughly dissolved and mixed, allowing one pound of rose-water to flow slowly into the mass during the trituration. The mixture may then be poured into china jars or boxes and allowed to cool.

A mixture which may be spread on the hands and then covered with pieces of soft linen, or old linen handkerchiefs, which should always be saved for such purposes, is composed of

Cocconut,	½ pound.
White wax.	¼ pound.
Spermaceti.	¼ pound.

Another preparation, the ingredients which are generally always at hand are equal parts of fresh unsalted butter and almond oil, and just enough for each application may be mixed when needed. Fresh butter (unsalted) alone is an admirable ointment for roughened or chapped hands.

Stains of ink or paint that may get upon the hands may be removed with a bit of toilet pumice-stone, or with benzine, nitric acid, lemon-juice, oxalic acid or a solution of strong vinegar and water; but after using acid apply a little almond or olive oil, to soften the skin; and after applying lemon juice do not use soap.

Hands are sometimes moist and clammy without exactly perspiring and may be made more comfortable by washing and brushing them in tepid water in which a few grains of alum or a few drops of aromatic sulphuric acid have been dissolved. Dry them with a rough towel and then dust the palms with infant powder or with powdered starch and Florentine iris mixed, wiping the superfluous powder off with a soft handkerchief. Remedies for excessive perspiration of the hands have been given in the previous chapter.

Powdered French chalk, and "lycopodium" powder, which is made from a curious Alpine moss, are both good for temporary purposes, where the hands are moist.

Starch, however, is about the best powder to use, and scented with sandal-wood, verbena, orris, heliotrope, white rose or any favorite perfume, should be dusted over damp hands both before putting gloves on and after tak-

ing them off, as it is very drying. Some of it may be shaken inside the gloves by means of a little box or bottle with a perforated cover, and this will facilitate putting them on.

A beautiful hand is a source of pleasure both to the possessor and the observer; and though, as before mentioned all cannot have beautiful hands, more would have them if children were taught to care for their hands and not to distort them by the many idle tricks and amusements to which they are prone. For instance, the habit, which often clings to an adult, of "snapping the joints," by pulling the fingers, is one against which we vigorously protest, since it enlarges the joints and the constant manipulation of the fingers in this practice makes the knuckles red and coarse, and the whole hand misshapen. Besides, it is an unnatural habit that is distressing to nervous or refined people. The bending of the thumbs and fingers into abnormal positions also distorts the hands, and as Time rolls on is a habit whose results will be almost the same as those of the one just named, and just as much regretted. When joints become enlarged from work or disease, not much, if anything can be done for them. There are distortions, however, which can be prevented, such as arise from wearing too small a thimble or too tight a ring, or from wearing gloves that fasten too snugly across the wrists; and it is in these cases where again the old saw, "An ounce of prevention," etc., etc., should govern any tendencies likely to produce the necessity for the "pound of cure."

Tapering hands are always admired, and an ingenious Frenchman some years ago invented a set of thimbles for thus shaping the ends of the fingers. Each thimble, it is

said, extends to the second joint of the finger on which it is worn ; it can therefore scarcely be a comfortable beautifier, and is not likely to become a generally used one. Possibly he obtained the idea for his invention from the Eastern women who split an acorn in two and bind the halves on the finger-tips—one over and one under the nail to give the finger-tips and nails a symmetrical shape. It is said that the Syrian acorn is productive of the most satisfactory outlines.

The habit which children have of sucking their thumbs or fingers should be broken, as it not only interferes with the shapeliness of these members, but it also occasions a distortion, more or less apparent, of the lips and mouth.

CHAPTER XXVI.

THE FINGER NAILS.

THE shape of the hand cannot to any great extent be changed, by artificial means, from its natural lines to more beautiful ones, but it may be greatly improved by daintily cared for and properly manicured finger nails. The latter may be shaped as fashion dictates, or as refinement ever directs. Fashion is as whimsical on this point as on all others, and sometimes her edicts are questionable, since they may be quite antagonistic to the instincts of good breeding. For instance, the long, sharp, claw-like nails that many fashionable folk have affected certainly suggest viciousness and a taint of barbarism, no matter how beautifully they may be polished or tinted. Besides, the acute angle of each point is not in the least in harmony with the rounding tip of the finger or the curved crescent at the base of the nail; and then, if a finger be broad at its tip it is not concealed but rather brought into prominent contrast by the gleaming, claw-like nail with which it is capped. On the contrary, if a nail is left rather long and then shaped in a curve, instead of a point, which may follow more or less closely that of the finger-tip, the impression then becomes associated with civilization and refinement; and ridiculous as the idea may seem, a feeling of safety and serenity comes in place of the nervousness that is akin to fear which possesses many an observer of sharply pointed nails.

To properly protect the finger the nail should extend just a little beyond its tip, and its length and shape should result from the use of a nail-file, as cutting the nails with a knife or scissors has a tendency to make them coarse and thick. Sharp nail scissors, however, may be used, as they are rounded for the purpose and enable one to cut off the sharp corners at the sides, and also remove agnails or "hang-nails" as they are sometimes termed. These small pieces of skin frequently collect about the roots of the nails, and are not only unpleasant to look at, but decidedly painful; and the only certain treatment is to cut them off close with sharp scissors and then let the wound heal under a tiny piece of court plaster; do not attempt to pull them off, for intense pain will result and the evil be worse than it was before.

The white crescents or half moons seen at the base of most nails should be developed by pressing back the soft rim of flesh which, unless kept back, will grow over them. This can be ordinarily done after washing the hands, using the thumb nail of each hand and the towel to crowd the rim downward and away from each half moon; but later on the manicure method will be explained. When this crescent is brought fully into view, and the nails are shaped at their tips to correspond, then the oval or filbert-shaped nails so often mentioned will result. Another practice to be observed after washing the hands is followed by a young lady whose dainty finger-tips are the admiration of her friends. After pressing back the fleshy curtain which may obscure the pearly moon, and removing any ragged bits that might develop into hang-nails, she gently pinches the tip of each finger and thumb

separately within the folds of the towel, thus practically carrying out the principle of the shaping thimbles and acorn shells described in the previous chapter. The idea is worth remembering and the theory worthy of investigation, especially if there is a possibility that it may add even the suggestion of a taper to broad fingers.

Before washing the hands, remove all substances from under the nails with a smooth, pointed implement—an ivory nail cleaner, a wooden tooth-pick or a match hollowed out so that it forms a sort of groove in which the nail may run while it is performing its cleansing mission. On no account whatever use an instrument with a sharp edge, such as a knife or the scissors, for they scratch little furrows under the nails which hold the dirt all the more tenaciously. The inner side of the nail should be as smooth as the outer. Then use a nail brush and fine soap vigorously, and occasionally dip the nails in powdered borax and again brush them. If from working upon black material the dye from the fabric has deposited its dust under the nails, warm water made quite strong with ammonia, good soap and an active use of the nail brush will generally remove it. If this does not entirely succeed, take a small pine stick or a piece of rattan pointed flatly at one end, dip it in an oxalic solution such as is used to scour floors and sinks with, and rub it quickly back and forth under each nail till the stain disappears. Then rub in a little bland oil or cream, and after a few minutes again wash and brush the nails with warm water and soap. Borax softens the nails and makes them very amenable to treatment, and many of the expensive nail powders are naught else but borax either plain or perfumed. Keep borax on your wash-stand

in a low dish of convenient shape for dipping the fingers in.

A small ivory knife with a file attachment is one of the best instruments for keeping the nails in order, and should be found in company with the nail brush and borax; and close at hand should be a small square of chamois skin or a nail polisher, which is covered with chamois, with which to render the nails lustrous and semi-transparent.

Rosy finger-tips and pink nails are things of beauty, and if Nature is stubborn and refuses to lend her aid to their attainment, then art must be called upon. The Eastern women are extreme in their desire to obtain these tints and insert a bit of *senna* into the flesh just under the nails. But a tiny quantity is needed, and its effect, like that of India ink, is permanent.

In the countries of the Western hemisphere, however, other methods are employed for tinting the nails, one of which is here given. It is as follows: After the fingers have been well lathered and washed rub the nails with equal parts of cinnabar and emery, and then with the oil of bitter almonds. The chamois or polisher may then be applied to each nail separately until a fine polish is obtained; but it must be remembered that too high a polish is considered vulgar. To be typical of refinement it should be a soft shining luster.

Another nail powder which will give a delicate roseate hue may be applied by a lengthwise motion with a soft sponge, and is made of emery dust, tinged with vermilion or carmine; while an equally excellent one is oxide of tin colored with carmine and delicately perfumed. The latter powder will soon render the surface smooth and pink, which is not in the least to be wondered at since

oxide of tin is used in polishing tortoise shell and horns.

Tiny boxes of tinted nail-powder, and dainty jars of red cream for tinting both the lips and the nails come into play in exercising proper care of the nails and hands ; but a good rosy stain for the finger-tips may be made as follows : Soak an eighth of an ounce of the chippings of alkanet for one week in some diluted alcohol—say an ounce or so, and at the end of this time the tincture will be of a lovely hue. Touch the finger-tips with jeweler's cotton dipped in this tincture, blending it properly with another bit of cotton.

The white specks seen upon the nails may be removed by the following mixture : Melt equal parts of pitch and turpentine in a small cup and add a little vinegar and powdered sulphur. Rubbed with this mixture the specks will soon disappear. It is said that they may also be removed with pitch and myrrh, equal parts, melted together.

Sometimes the nails crack or split and are very brittle. This is owing to a lack of lime in the system, and requires medical treatment. The following deformity of the nails often accompanies a consumptive tendency : they curve over the ends of the fingers and grow in quite perceptible ridges. Such ridges will also result from scraping the nails with a knife or a bit of glass, either of which should never be done. The writer has seen a naturally beautiful hand and nails very much marred by a habit of scraping the nails longitudinally with a sharp knife, thus leaving minute but disfiguring ridges which prevented the attainment of the desired luster or polish.

The habit of biting the nails is one which often clings

to an individual from infancy to old age. It cannot be too strongly condemned, nor can too urgent efforts be made to overcome the habit. A beautiful hand may be ruined in this way, and an unshapely one is still further disfigured by the reprehensible habit. With children, rub a little extract of quassia on the finger tips; it is very bitter and may prevent the pursuance of the habit. Bitter aloes and tying the fingers up in red rags are also recommended for overcoming the habit; but with some children it is ineradicable, nor do the years bring always that expected sense of shame through which every mother hopes to finally conquer the annoying habit.

If remedies will not cure children, how can we hope to cure adults who will not refrain from biting their nails? If their mortification does not come to the rescue, only on their vanity can we rely for hope. No one who bites her nails, sometimes away down to the quick, can ever expect to have pretty fingers, for she will thus make them blunt and dingy, ragged and untidy looking; and as for her nails they can never be the dainty pink shells upon the white shore of her hands. A rosy shining nail is one of Nature's gems, and as much an ornament as the costly ones slipped on over them; and when rings are worn upon hands with ugly, dirty finger nails, who does not shudder at the vulgarity of the combination? But when nails are polished and each sheds a pinky luster, such a hand can do very well without rings, since on each finger tip is a dainty jewel all its own. But if rings are worn how much more attractive do they seem when the nails themselves add to the collection another form of gem? Dear girls, if you will not keep your nails in order, do not wear jewels on your fingers and thus call attention to

your disregard of the refinement of cleanliness and your evidently defective idea of "the eternal fitness of things."

HOW TO MANICURE THE NAILS.

A popular writer of the mysteries of the toilet has given very explicit instructions as to the manicuring of the nails together with considerable incidental information concerning them, and so definite are her directions that they cannot be improved upon. Therefore we quote them :

"There cannot be a beautiful hand with uncared-for nails. These ought to be slightly arched, and only long enough to extend as far as the flesh terminating the fingers. They must be well polished and of a rosy hue. Because of the daily occupation, or, because they have not been cared for, the nails may not be nice in shape or coloring, and you, just beginning to find that out, want to remedy it. Go to work in the same way as the manicure does, or rather, for the first time, get some friend to undertake the duty for you. The professional has a great number of tools, but you can attain your ends if provided with a pair of sharp, curving scissors, a file, a stick of soft wood with one end cut out to make a hollow, a box of polishing powder, some cold-cream or vaseline, and a very weak solution of oxalic acid, which must, by-the-bye, be used with great care.

"Put the tips of your fingers in a bowl of tepid water (at the manicure's they use finger-bowls), and let them soften under its influence for about ten minutes. Then dry them by pressure—not rubbing with a towel—and give your hand to your friend. It is most likely that the skin has grown up so that it hides the half-moon at the

base of the nail, and that this skin is hard to remove. Well, you will have to endure a little martyrdom in the cause of beauty. Dipping a little paint-brush in the acid, the worker will touch the objectionable skin and, when it has been pushed down with a soft piece of wood or a blunt instrument of steel or ivory, will take the curving scissors and trim it into shape wherever it has become ragged and uneven. If your skin is sensitive it will probably bleed, but the cold-cream, put on to counteract the acid, will help heal it, and a little raw cotton wrapped about the fingers for a few minutes will prove soothing. Then, with the file, the nails are shaped—Fashion may call for a sharp point, but good taste will choose a semi-circle. The little wooden stick is then run under to remove any dust or particles of skin that may have collected under the nails. Next a slight dash of cold-cream is put on each nail, and then they are covered with the polishing powder. Now, the chamois rubber is employed, and each nail is rubbed separately until it burns and tingles from the heat. Time must be given to this process, else the clear, shell-like effect will not be acquired. With the powder still on the nails the hands are bathed in warm water, a delicate soap being used, and each nail being washed separately. Then the final rubbing takes place, not with brush or powder, but with the hand of the operator. There is something in the human flesh that gives a polish to the nails that powder or rubber cannot achieve, and the manicure has found this out. They are rubbed separately and together with the palm of the hand, until they feel warm and are a lovely pink shade. Then all is done, and with proper care, your nails may be kept beautiful for all time.

“Manicures protest against the use of nail-brushes and knives. Certainly the last are to be avoided, and for the wooden instrument employed in cleaning, and which does not shock or bruise the nails, a match stick, with its ends hollowed out, may be used. A piece of chamois, with sufficient energy directing it, may take the place of the rubber, though the latter is not expensive and is certainly very convenient.

“After this revolution in your hand, it is probable that your nails will be sensitive for some days; in that case rub them well with cold-cream or vaseline at night, wearing gloves to preserve the bed linen from stain. Mothers of lovely baby girls would do well to remember that the shape of the nail in after-life depends much on the way it is cut during infancy, for most of us are born, if not altogether equal in point of fortune, certainly with properly shaped finger nails.

“The perfect roseate hue of health—for one’s physical condition has much to do with the beauty of the nails—is aided by the pale pink powder, and in helping Nature we are only doing what older nations, famed for their beautiful women, taught as one of the arts of the toilette. Cleopatra had her finger tips burnished till they looked like pearl. Oriental women, who give their lives up to being beautiful, regard with great respect the woman who has a well-cared-for hand and are always anxious to discover her method of preserving its beauties. Granted that one’s life should not be devoted to mere physical loveliness, still there is time to take advantage of the knowledge that took whole lives to gain, and which may be used for a few hours of life to effect good, because beautiful, purposes.”

The nails of the feet should also receive similar attentions to those bestowed upon the nails of fingers ; but they should be cut almost squarely across instead of rounding or oval, and not allowed to project beyond the flesh. Well pedicured feet are as much an evidence of refinement as well manicured hands ; and it is not certain but that they are more so, since human nature is prone to neglecting what is usually hidden, and when it so extends its religion of cleanliness that complete inspection will detect no slights, it has indeed reach the summits of refinement.

CHAPTER XXVII.

THE LIPS, TEETH AND BREATH.

WHEN soft red lips guard pearly gates through which comes a breath whose purity is almost fragrance, then, indeed, is a face attractive whether it be beautiful or not. More than any other feature, the mouth continuously records the varying conditions of the mind. The lips curve slightly upward in reflection of a serene and sunny disposition, or droop sullenly under the shadows of a morose and surly temperament. Concealment is quite impossible; and good or bad traits alike register their successive reigns upon this mobile feature, whose doors may be made ever lovely by a proper cultivation of all the graces of the soul. When one smile follows another the lips soon take on the curve of Cupid's bow; but when a mental struggle sends out frowns and lowering looks, the lips curve downward at the corners and soon hang in a sullen pout which becomes their acquired and habitual expression. In the first instance, the very teeth behind the merry curved lips seem to smile as they gleam and shine; but when hanging, pouting lips are drawn back from or over them, the pearly guardians seem like fangs that are ready to tear or crush an offending obstacle. Of course, a casual observer may not be thus impressed; but if she makes the features a study, whimsical imaginings will often go hand in hand with her reasonable speculations as to the character of the indi-

vidual whose features she is analyzing. She cannot help associating thin lips and gleaming teeth with a refined cruelty or a coldness of disposition; nor heavy lips and long, yellowish-white teeth with ferocious and brutal instincts that may be, however, under complete subjection; nor thinking that the pretty girl yonder who has red, irregular lips closing over snowy teeth that are as sharply pointed as grains of rice, is selfish and cruel; nor fancying that the full, red lips and regular white teeth of the sweet girl opposite indicate a lovable disposition and a mind free from petty jealousies and spites; and when she laughs how those rosy bows curve upward to tell of the cheery heart which beats in happy throbs, day in and day out! All this may seem idle speculation, but more often than not the deductions prove correct. The faults and failings may lie deeply under the veneer of cultivation, but they are there, and when a jostling of elbows in the daily routine chips off a bit of the veneer, through the disintegration will peer whichever unlovely trait has been awakened by the shock. Many are the indications of the lips as to character and mind, but it is not our province to chronicle them, but to suggest the means by which any mouth, whatever its shape or defects may be improved and made more attractive.

When once the lips have assumed a given form, it is difficult to change their shape; and from their very mobility they may be deformed or disfigured by some of the ordinary habits of every day life. While we do not desire to discourage laughter, that voice from a merry heart, it is but fair to our readers to state that immoderate or excessive laughter will destroy the contour of the mouth and produce wrinkles, since it constantly stretches

the muscles and thus relaxes them. A smile produces less tension, and in general is considered "better form" in the expression of amusement than an uproarious laugh. But the smile which is simply a meaningless grin or grimace is something to be avoided, as it is vacuous and transmits a corresponding expression to the face and mouth. Such a grin without gladness was called sardonic by the ancients who supposed it to be produced by eating the poisonous herb sardonica. It cannot be said but that such a grin is the result of poison, but of a kind which emotionless individuals carry in their hearts with which to relax the features when occasion demands at least the semblance of gladness.

The habit of "making mouths," which seems natural in children but is extremely objectionable among adults, is another source of disfigurement. In children this habit can and should be corrected, and especially when in a spirit of rivalry as to who shall excel in the pastime, a child inserts its fingers and stretches its lips out of every semblance of beauty or natural shape. The habit of testing the holding capacity of the mouth should also be prevented; for it is not unusual to see a child attempt to put more into its mouth, both in eating and play, than the size of the latter will warrant or its muscles comfortably permit, and this strain upon the muscles will distort the shape of the mouth far more effectually than laughing.

Sucking or biting the lips to make them red causes them to become coarse and thick, and this habit should not be indulged in unless possibly, the lips are very thin and they may in this manner be made a little fuller by the increased flow of blood to the mouth, which this suction occasions. We have previously, incidentally mentioned

the effect of another habit of childhood—that of sucking the thumbs and fingers. It should be overcome, as it is sure to interfere with the natural development of the lips.

When there is an excessive growth of the upper lip, in girls, it may usually be traced to a scrofulous tendency in their constitutions. The lip may puff out to twice its natural thickness and be quite hard; and its veins may be large but there will be little or no pain. It is an obstinate difficulty but can be cured if a skillful surgeon is called in time.

There is a deformity of the upper lip made apparent only when the individual laughs; then the lip appears as if turning inside out and shows a fold or crease of the red mucous membrane lining it. The effect is unsightly and fatal to good looks; and by a simple and comparatively painless operation it can be cured.

“Hare-lips,” or those cleft from the nostril entirely through, like the lips of hares or rabbits, can be remedied, though not without leaving some trace. The necessary surgery should be done as early in life as possible. With children the best time is when they are five or six months old, or between two or three years of age.

Lips are often pale and faded, rough, or puffed and purple. The first two indicate a weakened constitution, a feeble circulation or an anæmic condition of the blood, and either of the three debilities require the attention of a physician whose directions should be obeyed; otherwise the arches around the pearly gates are likely to remain tintless unless artificial aid in the shape of rouge or coloring matter is called into requisition, and this is not advisable though permissible. A cayenne-pepper

lozenge moistened and rubbed over pale lips will bring the blood to them temporarily; but for a more lasting effect the alkanet stain recommended for the finger-tips in the previous chapter will produce a durable and pretty color. Carmine is not poisonous, but its intensity of color requires that it shall be very carefully applied. Liquid rouge for the lips, a hard deposit of color on a tiny porcelain plate called "pink saucer," and any number of colored lip-salves may be purchased; but the alkanet stain already mentioned, either in liquid form or incorporated with wax and spermaceti to form a cream; or pure carmine mixed with any of the simple creams for which formulæ are given will provide all the color necessary, and include no injurious ingredients. Be discriminate in applying color to the lips; too much of it vulgarizes the whole face.

Lips that are obstinately dry, brown and cracked indicate some disorder of the system, and no lip-salves or unguents alone will soften them and restore them to their natural color. Puffed and purple lips are frequently seen when there is a consumptive tendency or some heart trouble present.

The lips are doubly sensitive by reason of the heated breath which passes through them, and their contact with the cold wind or frosty air which greets them from the outside, and therefore they require some extra care and attention to keep them in a healthy condition. A good colorless lotion to apply before going out or upon going to bed, is made of

Honey,	1 ounce.
Lemon-juice,	1 ounce.
Eau de Cologne,	$\frac{1}{2}$ ounce.

Individuals prone to constant roughness of the lips should provide themselves with some good salve or cream, either made at home or compounded by the druggists, and use a little of it every night and morning during the winter; and its effect will be materially assisted by bathing the lips before anointing them, with a solution of borax or alum and water—say a tea-spoonful of either to a tumbler of water.

Pure glycerine—that is *chemically* pure, beaten with lard or castor oil makes an excellent ointment, and no remedy is better than camphor ice or the old fashioned one of mutton tallow, unless it may be benzoated ointment of oxide of zinc, which may be obtained in small quantities at any drug store.

When the broken places on chapped lips refuse to heal, the cause may be due to a species of canker. Of this the physician is the best judge and he can quickly heal it with caustic; but on no account whatever should this remedy be self-applied. After an application of caustic the lips may be washed with borax or salt and water.

A very healing lip-salve is made as follows :

White wax,	1 ounce.
Sweet oil,	1 ounce.
Spermaceti,	1 drachm.

Melt and throw in a piece of alkanet root to color it, and when cooling perfume it with a few drops of any favorite oil or extract. Another old remedy which may be procured at the druggists is citron ointment, which is to be applied with the finger-tips or a soft linen cloth.

Sometimes a moist red spot, inclined to crust over and be rough and also tender, will form at the corners of the

mouth. This is generally the result of an acidity of the saliva which comes from indigestion. Rinsing the mouth several times daily with bi-carbonate of soda and water will allay the irritation, and with a use of the following ointment often cure it :

Oxide of zinc,	30 grains.
Spermaceti ointment,	$\frac{1}{2}$ ounce.
Ottar of roses,	1 drop.

Should this treatment fail to remove the spots, the digestive functions should be looked after by a medical practitioner.

Remedies for fever blisters were given in the chapter on colds, as the former tormentors are generally closely allied with the latter, though they frequently arise from acute indigestion. They do not need to be repeated here, though we again caution you not to unduly rub or irritate the little blisters or spots. In applying the lotions "dabble" them on, and very gently rub in or on any of the emollients or unguents. Do not attempt to use a hard ointment or mutton tallow without first warming it until softened. The lips are very sensitive and it is therefore very imprudent to use cups, goblets, towels, napkins or anything that has been used by others which is likely to come in contact with the lips, for diseases of various and frightful characters can be and have been thus contracted. Nor does it seem out of place to here say a word of the practice of indiscriminate kissing. It is true that the custom is a natural one ; but it is too generally adopted not only between the sexes but without any apparent judgment. Children are often real victims of osculation, and polite mothers reprove the very

evident distaste with which their little ones submit their pretty mouths, while within their heart of hearts they indorse their children's objections. Why can they not be bold and say: "We have taught our little ones to receive kisses upon their foreheads and cheeks only, because our physician tells us the practice of kissing on the mouth is unhealthful." That could certainly hurt no one's feelings and it might protect the children from deplorable results. A physician well known to the writer would not permit his little daughter to be kissed upon her mouth by any one, and especially those of his own sex. It is not necessary to fully explain his theory. It can be inferred, and who will not admit that it is more than reasonable, when there are numerous recorded instances of the transmission of disease in this way—and disease of any kind means destruction to happiness and beauty.

THE TEETH.

Much has been written and said concerning the care of the teeth, and in many instances the statements are extreme. One of them—that the condition of the teeth depends wholly on the care given them—is arbitrary and untrue. As a matter of cleanliness and a means of aiding the preservation and enhancing the beauty of teeth, unceasing daily attention should be bestowed upon them; but even under these ministrations teeth will decay, lose their color and become useless, while frequently may be seen rows of strong, white, sound teeth which have never had even a passing acquaintance with brushes or dentifrices. Their tendency to want of strength is constitutional, unless they have been abused by being made to serve as nut-crackers or having

some equally abnormal task forced upon them. Their color too, if dark, may result from the use of iron as a medicine, or from an acid condition of the stomach, and all the brushing, and cleaning and polishing that can be given them will not restore it to its original whiteness. There are also teeth which are waxen-white or of the yellower, ivory tint. The former have pearly, transparent edges, indicate a delicate constitution and like it are frail and soon doomed to decay. The latter are strong and generally belong to a person of a vigorous constitution, but no amount of scouring or brushing will ever bleach them to a whiteness that is not natural to them.

If then, in trying the powders and dentifrices recommended in this chapter, there is no improvement in the *color* of the teeth it will be undoubtedly proved that the teeth are *constitutionally* yellow, or that they have been discolored by medicine or by the condition of the stomach. If darkened by iron there will be no hope of restoring the color without destroying the enamel which protects and preserves the teeth; for iron assimilates with the blood and the latter, traversing every minute vein and vessel, communicates the coloring matter of the iron to the bones and tissues; and the teeth are bony substances covered only by a thin shell of transparent so-called enamel which allows the action of the light to darken any iron that may be present in their bony structure. And while the taking of iron through a glass or porcelain tube or a straw prevents it from discoloring the outer surface of the enamel, the method will not wholly prevent discoloration from the reason just mentioned—the assimilation of the iron with the blood which leaves the coloring matter *under* the enamel.

Unprincipled dentists will "bleach" your teeth, using strong acids and gritty powders for the purpose, but you will pay a high price for your vanity; for while they may look better for a time the enamel will be destroyed or so injured that the teeth will be sensitive, soon decay, and in fact be completely ruined. At least so say honest dentists. The latter will also tell a patient whose teeth are discolored beyond remedy: "We can brighten up your teeth and remove the tartar, but we cannot whiten them much without destroying their only protection—the enamel."

Such patients must therefore submit to the inevitable and console themselves as best they may by cleaning and "brightening" their teeth, grooming them as they would the rest of their persons, and resting in serene security upon the fact that they have clean, sweet mouths and fragrant breaths.

Good or bad teeth are generally an inheritance; and therefore if succeeding generations are to have better teeth than the present one a beginning of the foundation for them must be made, by properly caring for and strengthening, if possible, the teeth of children. Parents often neglect or seem indifferent to the very visible dental defects of their children, and adopt no means of prevention or remedy, and the child of such parents is unfortunate indeed, for it will not only be a sufferer all its life, but when arrived at maturity may and most likely will transmit to its own offspring all its individual deficiencies in this respect.

Teeth degenerate through improper food imperfectly masticated; and they can be nourished through proper aliments and thorough mastication. Teeth were given

us for use, and if their mission is not fully accomplished, they wax weak from a lack of work which they compel the stomach to finish and so wear out the latter as well. Regarding tooth-nourishing foods a popular writer pertinently remarks :

“French and English children, as a rule, choose the crust of bread rather than the crumb, while the average small American clamors for the soft inner parts. Now the crust is just as nourishing as the crumb and is sweeter to the taste ; and as the crust contains more carbon the longer it is baked, it is most beneficial to persons troubled with acid stomachs. Besides, if only soft foods are eaten, the teeth will not become fine, or, at least, will not remain shapely and strong. They are made to perform a certain amount of active labor, and without this natural exercise they deteriorate in quality, become less firm in their settings and grow too long. It is said the reason American children prefer soft bread and soft foods generally is because they have sensitive teeth, but should we not reverse the reasoning and say that the soft foods cause defective teeth ? ”

In selecting meats for their children tender mothers choose those that can be easily eaten, thereby encouraging the disuse of the teeth and their consequent deterioration. Give a child food that requires plenty of chewing and see that the latter is done, promptly suppressing any inclination on the part of the child to swallow its food in lumps. The sirloin is far preferable to the tenderloin in the matter of steaks, for it not only compels a greater use of the teeth but is really far more nourishing in other ways than the tenderloin, though this fact does not seem to be generally known. Dentists

gravely assert that unless children are compelled to more thoroughly masticate their food, the time is not so very far distant, counted by generations, when the human race will be toothless—made so because the teeth of the present generation are rapidly degenerating from lack of use.

It is well to confide the teeth of a child to a dentist, and allow him to “bring them up in the way they should go.” If he is skilled in his profession and looks after the little teeth once a month, the child will undoubtedly have good and even teeth and enjoy an immunity from many a toothache or the excruciating pain of neuralgia in after years. It is during the tender years of a child that irregular teeth may be straightened without much pain, and when one thinks of the disfigurements that might have been avoided by putting a child under the care of a dentist, one can scarcely be too emphatic in advising such a course. By the time a child is seven years old it should have its twenty “baby teeth ;” and parents should not be in any hurry to extract them, but let them almost fall out of themselves. In this way a good strong foundation is insured for the second teeth. The latter, with the exception of the “wisdom teeth,” which come sometimes as late as in the thirtieth year, should all—and there are twenty-eight of them—be in their proper places by the end of the thirteenth year. When the second teeth begin to appear, “four molars, two above and two below” arrive and frequently occasion a blunder. It is said of them :

“Being next back of temporary teeth the gum, if swollen, is protected, and these teeth, because giving little or no pain, are commonly supposed to belong to the first set. For several reasons, none of which are far to seek, these molars are likely to decay early ; hence the conclusion

that they are only temporary is more natural than intelligent, and thus they are usually allowed to take their own course, provided they cause no pain. But if these teeth are lost, the jaw narrows and becomes less symmetrical in shape, sometimes causing irregular articulation or an imperfect meeting of upper and under teeth that not only renders mastication difficult, but, by reason of an involuntary effort to chew food sideways, throws the jaw out of proper line and pushes the other teeth into irregular and unseemly positions.

“Teeth that are ‘cut’ when children are about seven years of age are not so hard as those which arrive later and naturally need much watching. As they usually stand close to teeth that are passing away and frequently come in contact with actual decay, the new and sensitive molars are likely to be seized with the same decomposing tendency, which, therefore, cannot be too speedily checked in the older teeth by means of skillfully applied fillings, thus preventing suffering and removing the cause of irregularities of later teeth that should, if properly treated, be of lifelong use.”

It is a common error to suppose that the first teeth need little or no care because they are temporary. A baby's first teeth should be as regularly washed and cleansed morning and evening as those which come later. When a child has reached the age of two years, white silk floss, such as dentists use, should be drawn between the teeth just before bedtime every night ; and if a tiny spot of decay appears a soft filling should be applied by a good dentist. With such care the baby teeth may remain until they are fairly pushed out by the stronger ones springing up from under them, and the sometimes

long period of hideous toothlessness seen in children whose first teeth have been too hastily drawn to make room for those which are not yet ready to appear, will be prevented.

If all this early care has not fallen to the lot of our readers in their childhood, that is no reason why they should not begin for themselves to render their mouths and teeth sweet and wholesome by daily care, and periodical visits to the dentist. There is no one who should not visit him at least twice a year to learn if any repairs are necessary; for on the same principle that "a stitch in time saves nine," a cavity filled when it first appears will save later pain, some expense and what is of the highest importance, the tooth itself. People who do not realize the value of good teeth, each one of which is worth many times its weight in gold, allow them to decay until they cause intolerable pain and give forth a most offensive odor, and then go to the dentist to have the root "dug out"; or when the first twinge of toothache comes from a tiny cavity they obstinately refuse to have the break repaired and the tooth made as good as ever, but insist on having it drawn, mistaking the dentist's worthy dislike of despoiling them of a useful member to the unworthy motive of desiring to "make a big bill." Misguided friends, do not be so distrustful! The dentist only wishes to save for you what by and by you would give dollars to have back again in its place. It is almost a crime to have extracted a tooth which can be saved; and in the present period there are few that the dentist cannot repair and make more useful than any artificial ones he can supply. Save your teeth and take some comfort of them, even if it is at a small expenditure

of money, for of what use is the latter if you cannot enjoy the things it will buy you?

If the teeth are properly cleansed every day they will not need polishing at any time, except in the effort to remove the stains communicated by ill health, medicines or food. When the brush will not do this, then take a bit of flannel, moisten and dip it in any of the powders or dentifrices for which recipes are given later on, and rub each tooth separately and vigorously, and after all are polished brush them in the usual manner to remove any polishing powder that may remain in the interstices.

Certain "improper conditions of the stomach produce a saliva which aids in depositing a calcareous matter called tartar, on the teeth just under the edges of the gums, generally opposite the little ducts or channels which carry the saliva from the glands to the mouth. If allowed to remain it injures the teeth by loosening them, produces an undesirable redness of the mouth and causes an unpleasant breath. Dentists have properly fashioned implements for removing tartar, and are the only persons who should be permitted to attempt the removal of a thick deposit, as unaccustomed efforts in this direction would wound the gums and possibly break the teeth.

A preparation for removing tartar from the teeth that is used by dentists is here given, with the caution, however, that it must be applied *only occasionally*, and the mouth immediately washed well with water so that the acid will not act on the enamel.

Pure muriatic acid,	1 ounce.
Water,	1 ounce.
Honey,	2 ounces.

Mix thoroughly, wet a tooth-brush in the mixture and briskly rub the black teeth, and in a few moments they will become perfectly white. Be sure, however, to immediately thoroughly wash out the mouth with water.

The enamel of a tooth is composed chiefly of lime and is very hard. Hot or cold drinks are liable to injure it, especially if taken alternately, and anything acid or sour corrodes or softens it, sometimes to the final destruction of the whole tooth.

It is claimed by some that sweets are injurious, while just as good authorities do not prescribe their consumption provided they are eaten properly and are pure. Sugar changes to an acid in the mouth; therefore if candy is eaten slowly the acid has more time in which to injure the teeth. Pure cane-sugar candy or maple sugar are eaten in large quantities where they are produced and do not corrode the teeth, and of these sweets one may eat plenteously. Confections containing acids, such as sour-drops, lime-drops, tamarinds, etc., etc., contain tartaric or weak sulphuric acid which is seriously injurious to the teeth, and should not be eaten in any great quantity.

Teeth are much injured by using them to crack nuts, to bite off threads or to hold pins and needles with; and they are hurt by transforming them into cork-screws, or a vise for holding small articles, pieces of muslin, etc., etc. In fact any purpose which creates a use for them outside their legitimate mission harms them to a greater or less extent.

Before brushing the teeth remove all foreign substances or deposits from their little lurking places, using a wooden tooth-pick which is the least injurious of all the various kinds unless it be a quill tooth-pick, since it will

not break the enamel ; but be sure it is of hard finished or smooth wood, so that no splinters will separate from it and imbed themselves in the gums. Chinese tooth-picks which are very small are smooth and round and have sharpened ends. They have two advantages,—that of being the best of the wooden species, and, though made by hand, of being very cheap. Orange wood tooth-picks are comparatively expensive, but are smooth and leave an agreeable taste in the mouth ; and ordinary wooden tooth-picks may be soaked in cologne or any perfume, much to their improvement as far as daintiness is concerned. White silk dentists' floss and dentists' thin rubber tape are considered better than tooth-picks, since they traverse spaces that cannot be reached by tooth-picks. They are to be drawn between every two teeth and of course cannot be used except in the privacy of one's own room. The floss is quite expensive and a good substitute for it is ordinary white button-hole twist ; and the small rubber bands used for securing small parcels and found at any stationary store are quite as efficient as a dentist's tape.

It is erroneous to suppose that a large tooth brush is better than a small one for cleansing purposes. The small brush, slightly concave and with its bristles of uneven length so as to penetrate all interstices, is far more efficacious, and far less torturing. Neither should a brush be hard and unyielding, for then the proper pressure cannot be brought to bear upon the teeth without lacerating the gums and sometimes the lips. It should be stiff enough to remove all stains and deposits but soft enough to make the process painless. Both the outside and inside of the teeth should be brushed, and the motion should

be lengthwise of each tooth as well as crosswise, since the latter movement alone will not thoroughly cleanse the teeth, and in time will affect scarcely perceptible but yet present ridges, just as constant dropping will create indentations in solid rock.

As polishers the various felt and sponge tooth brushes will do very well, but they will not do the work of a bristle brush which should be unrenittingly used all of the days in the year. Twice daily is not too often—and though custom has established the proper times as being immediately upon rising and on retiring, a moment of reasoning consideration would fix the best times as after breakfast and the evening dinner. Then all particles of food would be removed, and with a mouth wash before breakfast and upon retiring, upon either of which occasions the brush may also be used, there would be no room for the charge of an unclean, unwholesome mouth. Of course these suggestions are offered as opposed to custom, but being merely suggestions they can be adopted or rejected, just as the reader reasons out the theory.

There are many powders, dentifrices and mouth-washes offered for public use, and each claims superior advantages. Those which are heralded as sure to whiten the teeth should be avoided, since they universally contain ingredients which eventually destroy the teeth. The formulæ we here offer have been selected from the best authorities on the subject, and all of them are harmless.

Despite all that is and has been said against it charcoal certainly stands at the head of all tooth powders, though unless mixed with honey into a paste it is a little difficult to use from its light nature. The charcoal made

from the areca nut which grows in Java, is probably the best in the world; but as the supply is limited willow charcoal extensively takes its place. To whiten and cleanse the teeth, purify the breath and stimulate the gums, it may be rubbed into the interstices of the teeth at night and thoroughly washed out in the morning. Another dentifrice of the nature of charcoal is the crusts of rye bread burned to a coal and powdered. It may be used plain or mixed with half the quantity of sugar and wet sufficiently to make a paste. Or one-fourth the quantity of honey may be used in place of the sugar, and then no water will be needed.

The principal ingredient of all tooth powders is chalk, either precipitated or prepared. The latter is not as white as the former but it possesses greater cleansing properties. Camphorated chalk is a favorite preparation, and is prepared after the following proportions :

Chalk,	15 ounces.
Powdered camphor,	1 ounce.

This is a thoroughly good dentifrice, and may be made saponaceous by the addition of a little powdered Castile soap, which alone forms one of the best of dentifrices.

Another excellent camphorated powder is made of

Precipitated chalk,	7 drachms.
Powdered camphor,	$\frac{1}{2}$ drachm.
Powdered orris root,	1 drachm.

Or Castile soap and orris root, equal parts, will make a very cleansing, fragrant tooth-powder, and, if desired, an equal part of precipitated chalk may be added, the three ingredients forming a tooth-powder highly recommended

by the doctors. Directly after taking any strong medicine thoroughly brush the teeth with Castile soap.

An agreeable dentifrice is made from

Powdered green sage,	$\frac{1}{4}$ ounce.
Powdered myrrh,	1 ounce.
White honey,	2 table-spoonfuls.

Wash the teeth with this mixture night and morning.

For teeth that are decaying make a balsam of the following ingredients, mixing them with honey, and apply often :

Powdered myrrh,	2 scruples.
Juniper gum,	1 scruple.
Rock alum,	10 grains.

A powder for whitening the teeth recommended by one of the highest authorities on the subject, is made as follows :

Red cinchona bark,	1 ounce.
Armenian bole,	1 ounce.
Cinnamon,	$\frac{1}{2}$ ounce.
Bi-carbonate of soda,	$\frac{1}{2}$ ounce.
Oil of cinnamon,	3 drops.

If it is desired to remove discoloration very rapidly, the following powder will effect the desired result, *but it must not be used more than once or twice a week* as it contains an objectionable ingredient—pumice-stone—which wears the enamel quickly.

Pumice-stone in impalpable powder,	1 ounce.
Bi-carbonate of soda,	$\frac{1}{2}$ ounce.
Powdered talc,	$\frac{1}{2}$ ounce.
Flavoring oil of some kind,	a few drops.

With the pumice-stone omitted this is a very excellent powder to use when the saliva is acid and the breath sour, and can be applied freely. The bi-carbonate of soda corrects the acidity and also possesses whitening properties. It is not infrequently used alone as a tooth powder with very good results.

Another scouring powder is made of white Castile soap dried and powdered and sepia, also powdered. Take equal parts of each and mix to the consistency of paste with fresh rectified honey and add a few drops of the oil of teaberry (*Gaultheria*). *This paste also must be used only occasionally*, as the sepia will wear the enamel if frequently applied.

A remedy to use when the teeth have been stained by taking iron or medicines containing it, is made of the following ingredients :

Sugar of milk,	2 ounces.
Tannic acid,	$\frac{1}{4}$ ounce.
Red lake,	$\frac{1}{2}$ drachm.
Oil of cloves, anise or teaberry,	a few drops.

This preparation is highly recommended for *occasional* but not *constant* use.

A simple tooth powder for ordinary use is made of

Powdered chalk,	4 ounces.
Florentine iris,	2 ounces.
Ottar of rose,	1 or 2 drops.

When the gums are sore and spongy and are inclined to bleed, the following powder will be found healing and very soothing :

Precipitated chalk,	1 ounce.
Powdered borax,	$\frac{1}{2}$ ounce.
Powdered myrrh,	$\frac{1}{4}$ ounce.
Powdered orris root,	$\frac{1}{4}$ ounce.

The myrrh is an astringent and strengthens and hardens the gums.

Another preparation for the latter purpose is composed of

Peruvian bark (coarsely powdered),	1 ounce.
Brandy,	$\frac{1}{2}$ pint.

Steep the bark in the brandy for a fortnight, and then use it night and morning as a gargle, diluting the daily quantity with an equal amount of rose-water.

A good liquid dentifrice is made of the following ingredients :

Aromatic vinegar,	1 tea-spoonful.
Powdered borax,	$\frac{1}{2}$ ounce.
Tincture of myrrh,	1 ounce.
Water,	12 ounces.

Another lotion which is excellent for the teeth and and mouth is made of

Borax,	2 ounces.
Hot water,	1 quart.
Tincture of myrrh,	1 tea-spoonful.
Spirits of camphor,	1 tea-spoonful.

Dissolve the borax in the water and when nearly cold add the other ingredients, and bottle for use. Use a wine-glassful in a tumbler filled up with warm water, brushing the teeth and rinsing the mouth out with it.

Still another powerful liquid dentifrice is made as follows :

Borax, powdered,	2 ounces.
Hot water,	1 pint.
Tincture of myrrh,	2 ounces.
Spirits of camphor,	1 table-spoonful.
Concentrated aromatic vinegar, . .	1 ounce.

After cleaning decayed teeth with any of the usual powders, they may also, if the breath is offensive from them, be brushed inside and out with a wash made of a tea-spoonful of concentrated solution of chloride of soda in a tumbler of water. Six to ten drops of this may also be taken in a wine-glassful of water if the breath is very offensive. In asking the druggist for this solution of soda be sure to inform him, if you wish to take it internally, that you intend doing so.

Glycerine from its sweet taste and antiseptic properties is adapted to pastes or liquid dentifrices, and is extensively used for them; though those recommended in which honey is an ingredient, are better made as directed than with glycerine.

A good antiseptic tooth or mouth wash is made of

Glycerine of borax,	1 drachm.
Water,	1 pint.

Another is composed of

Chlorate of potash,	4 drachms.
Water,	1 quart.

Both may be used with a brush or as a gargle or in both ways, and will disinfect decayed teeth and sweeten the breath very noticeably.

A simple gargle for the same purpose is made of a few drops of spirits of camphor in a tumbler of tepid water—or water which is not ice cold.

Tincture of myrrh may be used in the same way to harden the gums, or it may be rubbed on them with a soft flannel cloth or brushed on them with a camel's hair brush, where there is retrocession of the gums. By this is meant that condition of the gums where they recede from the teeth leaving the latter loose and sensitive.

A dainty wash for the mouth is made of

Pure water,	6 ounces.
Orange-flower water,	6 ounces.
Eau de Cologne,	5 ounces.

Rinse the mouth several times after eating; or, add a few drops of cologne or toilet vinegar to a glass of water and thoroughly gargle the mouth and wash the teeth with it.

In using powders or pastes, be as careful to remove every particle of it from the teeth as though it were food; and in eating chew the latter upon *both sides* of the mouth, as tartar is said to accumulate much more rapidly where the teeth of one side only are used in the process of mastication. It will not be necessary to brush the teeth after each meal, especially if there are several meals during the day. Brush them at least twice and use rinsing lotions or washes, or even water after intermediate meals. If the supply of powder or paste should give out, make use of Castile, or some other fine soap until a dental reinforcement can be provided. Soap will not make an agreeable substitute so far as taste goes, but it is cleanly, and some of the whitest, prettiest teeth seen have never been cleaned or brushed with anything except Castile soap, with perhaps an occasional interruption of powdered charcoal.

Some teeth change in color from day to day, according to the condition of the stomach, just as the complexion does; and it behoves the gentle maidens who wish their pearly teeth to be always pure in tint, to evince some regard for their digestive organs and not overtax or throw them out of gear by an inordinate consumption of indigestible food or sweets. After eating the latter brush the teeth as soon as possible to remove the acid into which sugar is converted by the secretions of the mouth; for acids destroy the enamel, and once that is injured the teeth have no longer a reliable fortification.

THE BREATH.

Ozæna is the medical name for the misfortune, which is really a disease, of an offensive breath. And how many afflicted in this manner compel others to become sufferers from association and contact, and yet seem to be utterly unconscious of it! Possibly it should be called a fault instead of a misfortune, for more often than not it is the result of personal neglect.

The odor of a fetid breath generally discloses its cause; and the latter is usually the lungs, stomach or teeth. When it comes from decaying lungs, the possessor of an offensive breath is to be commiserated, since it is well-known that a pulmonary disease is almost if not quite incurable. Therefore when the odor is of a sickening, sweetish character bear with its infliction as bravely as possible. When it is of an offensive sulphurous odor, have no hesitation in telling the person that she is in need of a corrective medicine, especially if you are on intimate or friendly terms with her. But when it is like that of decaying animal tissue, make sure whether it comes

from lack of attention to the teeth or from catarrhal troubles, since both of these causes, separately or together, occasion the odor described; and when you have made sure, tell the unfortunate individual emphatically or gently, as the cause may warrant that his or her near presence is not agreeable and give the reason and any advice that may seem fitting to the occasion. This will require considerable bravery, since it seems to be a matter of general endurance founded on a false delicacy which prevents the same frankness in such matters that exists in other quite as personal respects. One hears outspoken comments on blemishes of the complexion, ugly outlines or features and matters of dress, none of which give such offense to others as a malodorous breath. To be sure it may be a stranger who causes you to edge away cover your face with your handkerchief or turn to hide the spasm of nausea created by a full inhalation of a noxious exhalation, and under such circumstances you are helpless. But if every sufferer from *ozæna* had a friend as frank as we advise each one of our readers to be in the matter, there would be more sweet breaths and less unhappiness in the world; for it is most certain that a person with an offensive breath is an object of aversion, and that its possession has occasioned many an estrangement and prevented many happy associations. If it cannot be remedied the victim deserves sincere pity. If the individual is conscious of its existence and makes no attempt to remedy it she is deserving neither of pity nor tolerance; if she is unconscious of it then those with whom she comes in contact deserve none of the pity and all of the censure for keeping her in ignorance of a condition which would undoubtedly be as mortifying to her as it is repug-

nant to her friends. If she is informed, politely, of her misfortune and is offended thereby, she is a silly, foolish lass or woman. She should be as grateful, and more so, as if you were to tell her of any little defect in her toilet, which affects no one but herself and which by attention she could remedy, just as she can probably overcome a defect that makes her near presence an infliction upon all others and therefore affects more than herself.

Now, if the cause of an offensive breath is the result of a decaying condition of the lungs, we can offer the sufferer nothing in the way of consolation except the deepest sympathy. If a catarrhal condition of the throat and head or a deranged condition of the stomach is the occasion of the taint, we emphatically advise the afflicted individual to seek the advice of a good physician and be thorough in following his advice and taking the remedies he prescribes.

When decayed teeth occasion the fetid odor, lose no time in going to a good dentist for two reasons—to save your teeth and preserve your friends. You cannot exist happily without the latter and you cannot keep them if through a neglect of the former you become an object of aversion. Until you can have your teeth attended to, take particular pains to brush and disinfect them and your mouth as directed in the preceding portion of this chapter; and after the dentist has removed and prevented a furtherance of the decay, still pursue the cleanly habits in which all refined people indulge after eating, and which have been fully detailed for the especial benefit of all our readers. Even though your teeth are sound and white, and show no visible effects of a possible life-long neglect,

your breath may be offensive just because your teeth are not clean though they are like ivory.

When an offensive breath is supposed to be due to the teeth or the secretions of the mouth, the following mouth-wash will prove very efficacious, though it may slightly stain the teeth; but the discoloration may be removed with a brush. Take

Permanganate of potash,	1 grain.
Rose-water,	1 ounce.

Rinse the mouth every few hours with this mixture. If its taste is disagreeable, add a few drops of oil of peppermint or wintergreen. This wash is said to be much better than those containing chlorinated lime which attacks the enamel.

Another wash that is harmless is made of

Chlorate of potash,	2 drachms.
Rose-water,	6 ounces.

Distilled water of any other flavor may be substituted for the rose-water. When strong medicines have affected the teeth and occasioned salivation or an approximate condition, an unpleasant odor generally arises from the mouth, and may be remedied by a frequent gargling of the mouth with salt and water.

For a feverish breath a favorite remedy is charcoal in tablets—one being occasionally dissolved in the mouth. A few drops of lime-water or half-a-tea-spoonful of bi-carbonate of soda in a glass of water, used as a gargle, will neutralize the same unpleasantness. The camphor gargle is also excellent in such cases, and lemons, which are very purifying, give an aromatic fragrance to the breath.

It is asserted that bromo chloralum is an efficacious disinfectant for the breath, regardless of the physical cause of the odor. Dilute a little with eight or ten parts of water and gargle the mouth with it, also swallowing a few drops. If the stomach is foul, a wine-glassful of water containing three grains of chloride of lime (*Calx chlorinata*, U. S. P.) should be taken several times daily, with a light and digestible diet, and any irregularities in the habits must be corrected. A mixture of twenty grains of bisulphite of soda and water also has a corrective effect on an offensive breath from this cause.

The individual who falls under the temptation of the odorous onion, chutney or any food leaving unpleasant reminders on the breath, and is afterward contrite, may render herself tolerable by carefully chewing a sprig of parsley, or a bit of orris root, or a few roasted coffee-grains, or drinking a glass of milk. The Canadian snake-root is also very highly recommended, and imparts a spicy aroma to the breath while it leaves a fresh, cool taste in the mouth. Any of the above are preferable to the commoner disguises such as cardamon seeds, cloves, allspice and calamus which are all suggestive of the bar-room, and might cast a wrongful suspicion upon anyone using them.

Popular and elegant disguises are in the form of cachous, troches or lozenges, and their principal ingredients are liquorice, catechu, charcoal, gum tragacanth and aromatic essential oils. Liquorice in itself is one of the best sweeteners of the breath and possesses the advantage of having but little odor of its own. It may be chipped into small pieces and kept on the dressing table for occasional or constant use. It is said, too, that a bit of

myrrh or burnt alum the size of a hazel-nut, taken at night, will keep the breath sweet.

Gray pastiles, a very old remedy for sweetening the breath, and which Madame Celnart advises all good wives to let their husbands know of as entirely removing the traces of tobacco in the breath, are made as follows:

Chlorate of lime,	7 drachms.
Vanilla sugar,	3 drachms.
Gum Arabic,	5 drachms.

Mix to a stiff paste with warm water, roll out and cut into lozenges.

Another remedy in pastile form, said to be preferable to the above in some respects is made in a more elaborate manner as follows:

Chlorate of sodium,	24 grains.
Powdered sugar,	1 ounce.
Gum adraganth,	20 grains.
Essential oil (perfumers),	2 drachms.

Powder the chlorate in an earthen or glass mortar, pour a little water on it, let the mixture settle and pour off the water. Repeat the process three times with fresh water, filtering the "pouring" each time; then mix the gum and sugar and add the perfume last. Form into pastiles of any shape and size desired.

In using the mouth-washes recommended, five or six times daily will not be too often in extreme cases; though ordinarily two or three times will do. It is the same with these remedies as with all of those intended to improve the appearance—persistence, patience and system must govern their use. A desultory indulgence in them

will produce nothing but a very temporary result ; and of all the minor afflictions which beset and offend, there is none so obnoxious as the one just discussed and none which should be more stubbornly combated, since it entails mortification and unhappiness for its possessor, and inflicts what is real physical suffering on the innocent individuals who are obliged to encounter it.

CHAPTER XXVIII.

THE EYES, NOSE AND EARS.

EXPRESSIVE eyes, a pretty nose and dainty ears—three requisites of beauty! Three features that may be easily injured if perfect and possibly remedied if impaired; and three factors of facial expression that seem to have been made very much on the same plan as that with which all humanity regard friends—to use and abuse and yet to expect constant loyalty from! This is especially true with regard to the eyes, and we therefore give them first and special consideration.

THE EYE.

A beautiful eye delights a beholder, and a strong eye gives its possessor both confidence and pleasure. But if a soft, expressive eye is defective in strength or vision, it is deprived of half its power of pleasing since a great part of the pleasure is derived by the person who looks at the eye instead of through it. It is not a part of our mission, however, to suggest remedies for such defects as should only come under the skill of the oculist, but for minor weaknesses and for a general improvement in the appearance of the eye.

The strength of the eye frequently depends upon that of the body, and if the latter is exhausted or weakened, the eye will display a sympathetic tendency. This is why so many people fail in an effort to strengthen their vision

by local applications, when the actual cause is remote and must be removed before the eyes will regain their normal condition. But, when the general health is good and the eyes are simply weak, they should not be overtaxed, and should be frequently bathed in salt and water, or plain, very hot water, especially where any congestion or inflammation is present. Rose-water, cold tea and milk-and-water are all recommended as lotions for weak, reddened or smarting eyes. A morning and evening eye-bath of cold water, plunging the face in the water with the eyes open will prove refreshing and invigorating, though the process may not at first be agreeable. After becoming accustomed to it, a little rock salt may be added to the water with great benefit. It is said that the sight of the South Sea Islanders remains perfect throughout old age and that it is preserved by the custom of diving into the sea with the eyes open. Glasses or spectacles are needless articles among these people and are unheard of.

A very good tonic for the eyes is brandy and water or pure whiskey and water "dabbled" on the eyelids over the ball of the eye, which must not be pressed, as pressure flattens it and thus occasions a dimness of vision. When the latter condition exists the sight may be very much improved by the following method: Take a handful of fresh red peppers or ginger root and put them into half-a-pint of pure alcohol, letting them steep a little time before using. Wipe the brow above the eye, and also the temples twice daily with a little of this lotion, applying it with a sponge or soft cloth and allowing it to dry. An important detail in the care of the eyes is the manner of drying them after an ablution. Do this gently with a soft towel and always rub toward the inner corners, for in

these corners are the outlets of various secretions of the eyes. To prevent a weakness is better than to be obliged to cure it; and if the eyes are weak they should not be made more so by injurious practices, nor should strong eyes be similarly taxed lest they become weak. With this theory in view a few of the habits to be avoided are here given :

Do not read, sew nor write in either a glaring or a dim light, or during twilight or in a darkened room, as either practice will strain the eye and impair its strength, to say nothing of the reddened and watery appearance it will impart to the lids.

One should not attempt to read immediately upon waking from sleep, nor should one read when lying down. The latter habit flattens the ball and causes impaired sight more often than any other imposition practiced upon the eye.

In the sleeping apartment the bed should be so arranged that the light either from within or without will not strongly strike the eyes; and it is even said that moonlight should be excluded from a sleeping room. If it is impossible to arrange the bed so that it will be out of direct range of the light, soften the latter as much as possible by at night closing the shutters and letting fall the curtains; and by obscuring the light from the gas or lamps by screens or shades made for the purpose; and when neither of these articles is to be had, a temporary shade for a chandelier or a side light may be formed of a newspaper hung over the globe at one side, by means of a hair-pin, straightened and then bent into a hook at each end; one hook passing through the paper and the other over the globe.

Avoid rubbing weak or irritated eyes, for thereby the trouble is not only increased but the rough treatment causes the lashes to fall out or become irregular in effect, and not infrequently occasions an acute or chronic inflammation.

When the lids of the eyes are reddened and swollen, a condition sometimes resulting from rubbing, or from some disease like scarlet fever, measles or a tendency to scrofula, the following preparation will frequently give relief, but, according to the cause of the trouble, it must be more or less persistently used.

Take of

Red oxide of mercury,	1 part.
Glycerine (chemically pure),	1 part.
Lard (unsalted),	3 parts.

Mix these ingredients thoroughly and keep the ointment in a cool place. Apply a little with the point of a camels'-hair pencil or brush, night and morning, and in the mean time keep the lids thoroughly clean by washing them several times daily with tepid water.

Another similar remedy which any good druggist will put up for you is made of

Red oxide of mercury,	6 grains.
Atropine,	1 grain.
Vaseline,	1 ounce.

Apply a little under the lids every night. If the eyelids discharge a mucus, or burn, or itch, it will be best to consult a physician if the remedies named fail to relieve.

An excellent remedy for inflamed or granulated lids is made as follows : Add two grains of morphine and six of

borax to a large wine-glass of camphor water—that is water in which has been dropped a little of the spirits of camphor, and afterward filtered. Pour a little of this mixture into the hand and hold the eye in it, keeping its lids open as far as possible. Repeat three or four times in the course of twenty-four hours, and the relief it affords will prove astonishing. The receipt is indorsed by the highest authority and rarely fails to relieve the most inflamed eyes.

An oculist of note gives the following :

Rock salt,	½ ounce.
Sulphate of zinc (dry),	1 ounce.
Rose-water,	1 ounce.

Simmer the salt and zinc in a clean, covered porcelain dish with three pints of water, until they have dissolved. Then strain through thick muslin and add the rose-water. Bottle and tightly cork the lotion ; and in using it mix equal parts of the lotion and rain water, adding more rain water if it smarts too much.

A cent's worth of pure, refined, white copperas dissolved in a pint of water is an excellent wash, but it must be carefully used, as internally it is a deadly poison. Use a bit of linen, a small sponge or the fingers to bathe the eyes with, getting some of the lotion under the lids. Alum curd is effective in reducing an inflammation of the eyelids. A lump of alum as large as a small hazel-nut boiled in a teacupful of sweet milk, will produce the curd which is to be applied like a poultice.

The following is an old-fashioned remedy but has the highest indorsements as to its efficacy :

“Take three fresh eggs and break them into one

quart of clear, cold rain water; stir until thoroughly mixed; bring to a boil on a slow fire, stirring often; then add half an ounce of sulphate of zinc (white vitriol); continue the boiling for two minutes, then set it off the fire. Take the curd that settles at the bottom of this and apply to the eye at night with a bandage. It will speedily draw out all fever and soreness. Strain the liquid through a cloth and use for bathing the eyes occasionally." This is recommended as "the best eye-water ever made for man or beast," by a person who has "used it for twenty years without knowing it to fail."

Among defects of the eye which may sometimes be partly, and often entirely overcome, is that of near-sightedness. Any tendency in this direction may be prevented by passing the fingers over each eye (closed), with a gentle equable pressure from the corner next the nose outward. Repeat this several times daily, and follow the same motion in drying the eyes. This species of massage flattens the cornea and lengthens the angle of vision. A reverse procedure will be found very efficacious when from time or overtaxing, the sight gives indications of failure. By applying this pressure or massage from the outer angles inward regularly and skillfully, one may become independent of the use of glasses until late in life.

Among the defects that may be remedied by slight operations is that of *strabismus* or "cross-eyes" or "squinting," and that of apparently too small eyes. This latter defect is owing to too close a union of the lids at the outer angles, and a simple and comparatively painless operation will enlarge the appearance of the eye, and greatly enhance that of the individual who undergoes it.

Women of the Orient have "long eyes" which it is said owe some of their beauty in this respect to the surgical process mentioned; and it is asserted that a popular actress, whose beautiful, long eyes captivated all who saw her, underwent this operation during her childhood to gratify a whim of her artist father, who had become fascinated by the long-lidded eyes of Eastern beauties. And just here, though not quite in its proper place, we will impart the information that painting the outer corners of the eyes black is a method much made use of to increase the apparent length of the eye; but the practice is not advisable, except on occasions when a "make up" is to exhibit its artistic skill under artificial light. Daylight is merciless in exposing deceptions of the toilet.

Styes are annoying small tumors which come upon the edges of the lids, and when they recur frequently are caused by some constitutional difficulty that requires internal treatment. Like fever-blisters or cold-sores, they give warning of their coming, and if touched in time with caustic or nitrate of silver, may sometimes be driven away. The plucking out of the eyelash situated at the center of the coming styne is said to prevent its development; but this remedy is so apt to remove several lashes, and then possibly not the lash intended, that it is not a recommendable one; since, where styes are frequent the lids might be entirely denuded of their lashes. It is generally better to allow a sty to run its course aided by poultices of slippery-elm, or alum curd, either of which will hasten its maturity, at which time it will be filled with pus and a tiny core, both of which must be exuded. Then bathe the eye in some soothing lotion, than which

for this purpose there is none better than milk-and-water ; and at night lay a soft cloth wet with the mixture, on the eye, bandaging if necessary. By morning most of the swelling and inflammation will have disappeared.

Cinders or foreign substances may be removed from the eye by inserting one or two flax seeds which will soon almost dissolve and ooze out through the closed lids, bringing the torturing speck with them. Or, the upper lid may be pulled down over the under one and the lashes of the latter will serve as a brush to remove the offending mote. A horse hair looped and inserted in the eye will when removed bring along the annoying matter. If the speck is in sight the eye need not be closed, but the loop may pass over the speck and thus bring it out ; but if the speck is invisible, close the lids and roll the ball of the eye around two or three times and then withdraw the loop and the speck will usually come with it.

If the eye is kept closed for a little time any foreign substance is likely to work to the edges of the lids and is then easily removed. Copious bathing is a simple remedy and often effectual. But if the lodgment continues obstinate professional services for its removal should be sought.

The color of an eye cannot be changed by artificial means, but its appearance may be so improved that luster will seem to lend another hue. The best means through which to obtain sparkling, bright, shining eyes is by a strict observance of hygienic laws as to rest, recreation and food ; but this plan seems to sit as a burden on the shoulders of affluent beauty, is often beyond the reach of her antithesis, and frequently is an unknown realm to those remote from its institutions and literature. There-

fore temporary aids, more or less injurious, have been invented whereby universal beauty may dazzle by the splendor of sparkling eyes.

It is said that a few drops of cologne on a lump of sugar or in a glass of water will bring a sparkle to the eye ; but as the practice has been known to lead to intemperance it should be indulged in with discrimination. Spanish women squeeze a bit of fresh orange peel before their eyes just as they are going out for the evening. A fine spray of oil exudes and enters the eyes brightening them wonderfully. A homely substitute is soap-suds which may be flirited into the eyes with the result of clearing them and making them shine. There are also other methods, known to druggists and doctors and the fashionable world at large whereby any eyes may be made to appear large, dark, full and mellow ; but the results, if the methods are constantly resorted to, are harmful and even destructive. Certain drugs will cause the pupil of the eye to dilate until all of the iris—the colored circle around the pupil—except the rim, is invisible. As the pupil of the eye is always dark, the effect of dark eyes is thus obtained ; but the sight, so long as the effect of the drug lasts, is most imperfect—so much so that usually everything seems indistinct, reading is impossible and even the distinguishing of one coin from another is a most difficult matter. It is a species of artificial paralysis of the nerves and muscles of the eye, such as oculists produce with the same drug, when they wish to fully examine the eye of a patient ; and while it may do no harm occasionally, it is sure to eventually if made use of as a regular detail of a going-out “make up.” We consider it wiser, therefore, not to name any of the drugs or oils so

dangerously employed. The risk of ruining pretty eyes is too great a responsibility to assume, nor could one feel otherwise than conscience stricken at what might prove disastrous results following the use of the poisonous drugs.

THE EYELASHES AND EYEBROWS.

The expression of the eyes, and in fact that of the face both depend largely upon the eyelashes, those fringed curtains to "the windows of the soul," and also upon the dainty arches which should be above them. Lashes and brows, to lend positive enhancement to the eyes, should be as dark as the hair, generally; and when the hair is flaxen, golden or light brown darker lashes and brows are considered marks of beauty, as they produce a most piquant and usually charming effect, unless by chance they owe their dark hue to artificial aid which has been too liberally and very inartistically applied; in which event the effect is both incongruous and ludicrous.

Where brows and lashes are too light in color—that pale yellow-white tint often seen in them in people of florid complexions—they rob the face of much of the charm it might possess and give a peculiar indescribable expression to it that in some equally indescribable way makes a demand upon our sympathies. In such cases it is more than pardonable in either sex—it is really advisable—to make use of artificial aids to deepen the natural color. But this must be done carefully—so carefully that the ordinary observer would not detect the little deception.

Perfect brows are moderately thick at their central portions, taper to points at their outer extremities, curve slightly upward and are distinctly separated at the bridge

of the nose. By a species of massage or manipulation—a systematic stroking and pinching, irregular or rough eyebrows may be coaxed into a pleasing appearance, but the process will require a solid foundation of patience and a large capital of perseverance. Occasionally the offending hairs may have to be held in place by an adhesive pomade; or still continuing obstinate, now and then closely cut; or, what is an effectual but permanent remedy, they may have to be removed roots and all, by the aid of a fine pair of tweezers.

If the brows are thin, a little tincture of cantharides, or two or three drops of oil of cajeput may be gently rubbed into their roots every night or two; and the rubbing must always be toward their outer extremities, never in the reverse direction. Or, they may be brushed with coconut or inodorous castor oil, either of which will greatly promote their growth and give them a glossy appearance.

When the brows have been lost by fire or other causes, it is said they may be made to grow by using a lotion composed of

Sulphate of quinine,	5 grains.
Alcohol,	1 ounce.

The same tonic, with sweet-almond oil substituted for the alcohol may be very gently applied to the roots of the lashes with a fine sable pencil, to promote their growth.

Another remedy to promote the growth of the brows and lashes is made as follows:

Olive oil,	$\frac{1}{2}$ ounce.
Oil of nutmeg,	12 drops.
Oil of rosemary,	12 drops.
Tincture of cantharides,	3 drachms.

Or, use this remedy: Take some pure olive oil and in it place a lump of sulphur, being careful that none of it powders or crumbles off. Apply either remedy at night or during the day, as most convenient. The eyebrows should not be regularly trimmed with the scissors, as this makes them grow coarse and bristly. It is far better to pluck out straggling hairs unless the brows are very thin. But the lashes should be trimmed from once every month to two or three times a year. This is a very dainty operation however and must be intrusted to a professional or to some *fidus Achates*. An almost infinitesimal portion should be clipped from each lash; and at the same time any lashes which are split or abnormal in any way should be removed bodily; and if they return again, have the spot cauterized with the point of a fine needle.

When the clipping is finished anoint the base of the lashes with a very minute portion of cajeput oil, putting it on with a fine camels'-hair brush or pencil; or, use an ointment made of

Nitric oxide of mercury,	.	.	.	2 drachms.
Lard,	.	.	.	1 drachm.

applying it night and morning and bathing the lids afterward with warm milk and water. Cocoonut oil is also used upon the lashes to make them grow and look lustrous and dark. If these clippings and inunctions are indulged in for quite a length of time, a rich silken growth of lashes generally results.

For artificially darkening the brows and lashes there are numerous cosmetic articles in the shape of pencils, dyes, etc., etc., but unless they are skillfully applied they defeat their own object and result in ridiculous effects.

An individual may very deftly beautify her brows, but when her lashes are to receive attention she would better transfer the responsibility of the operation to a second person, since it is a difficult process and unless carefully conducted, liable to irritate or injure the eyes.

The odalisques of the East and Egyptian women are famous for their skill in beautifying the appearance of the eyes. They darken the lids with a preparation of powdered chalk and scented oil, painting it on with a fine camels'-hair brush; but this has to be very carefully done or it will produce too heavy an effect. They color their eyelashes with "kohl" which, being a poisonous salt of antimony is very likely to result in harm to the eye.

Indian ink is a common preparation for deepening the color of the lashes and brows, and when dissolved in water and carefully applied serves the purpose quite as well as the more dangerous preparation just mentioned. The kind manufactured by the Japanese is the better variety to use.

Pencils made of grease and Indian ink are convenient to use, though a celebrated professional beauty of the times says they should be avoided, since they cause the hairs of the brows, and the lashes also, to fall out; but notwithstanding this probability, one of these pencils is generally found in the collection of "make up" articles on the table of my lady, who is sure that in time it permanently darkens the brows.

A harmless and excellent darkening substance whose very name is suggestive of the days of ancient beauties is called "frankincense black," and is made as follows:

Frankincense,	$\frac{1}{2}$ ounce.
Resin,	$\frac{1}{2}$ ounce.

Pitch,	$\frac{1}{2}$ ounce.
Gum mastic,	$\frac{1}{4}$ ounce.

Mix these ingredients and drop the mixture on red hot charcoals. Receive the smoke and fumes in a large funnel and a black powder will be deposited on the sides. Mix this with the juice of newly gathered elderberries or with cologne-water, and apply with a fine camels'-hair brush.

A simpler "black" sometimes employed by professional people is obtained by this method: Hold an inverted china or porcelain dish over the flame of the gas, lamp or even a candle, and it will become quickly coated with carbon or a black powder. The latter is applied to the brows and lashes with the folded end of a hair-pin, or with a sharpened match or any similar implement. It is said that this application is similar to powdered kohl, as it causes a slight dilation of the pupils and thus gives a soft mellow expression to the eye. But this process is productive of a crude effect and is not suitable for ordinary use.

A method much better, though of kin to the one just mentioned, is as follows: Take the smallest slate pencil or hard crayon you can find and hold it in the smoke of the gas or a lamp or candle until it is blackened; then rub it on a piece of white paper to smooth down the black, after which pass it over the eyebrows until the density of color desired is attained; but in doing this be careful to carry a steady, light hand, otherwise the result will be a caricature of the beauty desired; for there is certainly nothing more ludicrous than the irregular bands of black pigment or coloring which some women illusively fancy are passing without question for "arching brows." The

pencil may also be applied to the lashes if done carefully; and during any application of this kind, a piece of paper or fine cardboard should be placed between the lashes and the eye, to protect the latter from any irritating particles or substances. Besides, this will permit the lashes to be daintily brushed.

A stain for the hair or brows is made by boiling slowly an ounce of walnut bark in a pint of water for an hour, and finally "setting" the dye by adding a lump of alum the size of a hazel-nut. This bark, steeped for a week in cologne, gives a transient but instantaneous dye that may be easily applied with a brush.

White eyebrows may be touched with amber lavender, or, if great caution is observed, chloride of gold may be applied. In using the latter remedy the brows and lashes must be first well oiled, and the oil then wiped *off the hairs only*; and these are then delicately touched with a fine sable pencil dipped in the chloride. The utmost care must be taken because the solution will stain the skin if the latter is touched, and this is the reason for oiling it—the oil preventing the absorption by the skin, of the chloride.

All of the preceding suggestions do very well where there is a foundation for the application of the remedies and beautifiers, "but," says the woman whom Nature has stunted in the matter of brows and lashes, "what am *I* to do?" The question is pertinent, and the advice it calls for will not be very satisfactory though it will be sympathetic. When the brows are sparse and illy defined, and any of the stains suggested are, therefore, of little or no use, the only thing that can be done is to simulate brows by using a blackened pencil and then passing a comb

over the deposit. The marks of the comb will produce the effect of hairs, and the result will improve the expression of the face, though the work will not bear very close inspection. But, in the mean time, spare no effort to produce a growth of the brows by an application of any the tonics suggested.

This expedient for apparently darkening the lashes and increasing the size and brilliancy of the eye is adopted by many, though unless artistically done it produces a grotesque and frequently vulgar effect. The point of the grease pencil used for darkening the brows is drawn about the edges of the lids just at the roots of the lashes—being made above the lashes of the upper lid and below those of the lower one. The delicate line left must be daintily softened with the tip of the little finger or a tiny brush. It causes the lashes to assume a thicker appearance by darkening the edges along which they grow; but, of course, the plan cannot be adopted when the lashes are light in color. A few people with dark hair have eyelashes thick enough to produce the effect which the pencil imitates—that is, they make the lids look as if darkened at the edges, and greatly enhance the beauty of the eyes which they encircle; and this is probably the foundation on which the artificial enhancement rests.

Another “effect” sought by some fashionable people, and originated by those of questionable repute, and, therefore, not to be commended, is the look of weariness or exhaustion which is marked by deep bluish or violet-tinted circles or rings made beneath the eyes. Naturally, these rings indicate poor health; but Fashion has claimed them as her indication of protracted indulgences in festivities that have passed, and as a sign that the individual

bearing them is *blasé*, *ennuiéd*, satiated with social enjoyments. The general inference if drawn by a stranger, would not be creditable or flattering either to a young girl or to an older woman, and we, therefore, most strongly urge both to prevent a natural formation of these circles by a temperate indulgence in the social whirl, and keeping a good lookout upon the health; and under no circumstances whatever to paint upon their faces these simulations of dissipation's traces, for they are insidious thieves of that respect which is due to every pure, true woman from all mankind, since they cast an intangible though possibly a foundationless odium, where perhaps it may be really undeserved. Need more be said?

THE NOSE.

It does not seem to be generally understood that the nose is an extremely sensitive feature—one that requires to be delicately treated and which resents roughness or unnecessary handling, by becoming red and swollen or assuming curves which destroy its symmetry.

When its shape is defective in childhood, it is asserted that it may be remedied by a species of massage; that is, if it is *retroussé* or tip-tilted, a daily smoothing downward with the fingers will straighten the saucy curve; or, if it displays a tendency to evade the perpendicular dividing line it generally marks, it may be coaxed into its proper direction by gentle and daily pressure; or, if it is too wide at the nostrils or along the bridge, delicate pinchings or compressions will, if patiently exercised, in time produce a noticeable improvement in the shape. Regarding the latter two theories, it may be said that they rest upon quite a firm foundation, since machines are

made for straightening noses that are curved to one side, and reducing the size of those that are too broad or too thick for beauty.

The curvature mentioned may be natural or it may be the result of an accident; but it very frequently results from using the handkerchief, or indulging in the senseless habit of frequently pulling the nose, always with the same hand. The first attention being necessary, and the second—which would be an indignity if inflicted by another's hands—being a fixed habit, we would advise all those whose noses seem inclined to a deflection, to endeavor to become ambidextrous as a remedy for and preventive of the unnatural curvature.

A child usually makes its nose the recipient of a good deal of nameless attention, and also an occasional repository for various foreign substances. Either habit should be overcome even if at the expense of a long and obstinate combat; for through them many noses that might have been shapely become the opposite—blunt, wide of nostril and deserving of that ridiculing, half-contemptuous designation—"snub." Besides, the nameless habit mentioned often clings to the adult age, at which period it ever offends refined, fastidious observers, discloses a lack of good breeding, and still continues its beauty-destroying tendencies.

RED NOSE.

This affliction proceeds from such a variety of causes, that it is difficult to suggest a universal cure. A red nose may result from a weakened circulation which should be restored; or, from some dyspeptic trouble which should be overcome; or, from corsets, boots or

other garments which are too tight and thus impede an otherwise good circulation ; or, it may come from indiscriminate eating and drinking, or, from an erysipelatous tendency or an irritation produced by friction with the handkerchief. There are cures for some of these causes, palliatives for others and remedies to be used for all.

If the circulation is weak, contact with the cold air will expose the fact by quickly reddening a nose which is ordinarily of a normal tint. When during or after a meal of rich or hearty food, a nose which has not been conspicuous before, flames into prominence in color, and shows an apparent increase in size, it is an indication that the organs of digestion are protesting against the labor imposed upon them and have sent the blood to the extremities in rebellion. In such cases, reduce the quantity of food and eat only such as will easily digest, and thus not interfere with the action of the heart in sending out and receiving its life-giving supply. If the circulation is restricted by outer causes, equalize it by removing the occasioning pressure ; or if it is weak restore it by tonics, massage or baths, or by any method advised by your physician. In cold weather, on entering the house do not go too near the fire, but at quite a distance from it, exercise the limbs as much as possible until the blood begins to warm from its own action. Better still, if it can be done, partly undress and engage in some gymnastic exercise that will set the blood into action. It is hard to tell our girls that sometimes a red nose results from a lack of proper bathing, but it is even so. The red nose and blue, shriveled skin proclaim the fact. The functions of the skin are ob-

structed else they would render it clear, white, healthy; and as these obstructions are easily removed by soap and water, the fact that they remain makes but the one inference possible. A cold morning bath—followed by quick, brisk rubbing is really more essential in winter than in summer, since it keeps the circulation equable and active, and thus prevents colds and red noses—and the former always herald the latter, especially if a vigorous use of the handkerchief becomes necessary. In using this article of the toilet, apply it as gently as the affliction will permit and do not grasp the suffering feature as if its denudation was desired. Of course it is not, but it will be almost accomplished unless consideration is evinced. And just here a word may not be amiss regarding the same attention to children's noses. In the hands of some mothers the handkerchief becomes an implement of disfiguration, and so earnestly is it used with an upward and backward motion upon the tender cartilage, that the little nose beats a sort of retreat with uplifted tip as if to escape the attack—imperceptibly at first, but patent enough as Time wears on; and opportunities, such as come with the frequent colds of baby days, are afforded and never slighted by conscientious mothers; and by and by the nose which should have been straight and patrician, shows all the upward curves of the type considered plebeian.

When any of the supposed causes have been removed and the nose continues red, try outward applications; and indeed it is advisable to use them even when the actual cause is internal, for in that way a cure will be more quickly effected in case the difficulty requires also an external treatment.

For instance, if there is a derangement of the system or blood which is causing the rosy appearance, take such alteratives or correctives as may be prescribed by your physician, and several times daily apply phenyl to the reddened feature. White mustard seed, a tea-spoonful in water each morning before breakfast—will be found beneficial where defective circulation is caused by indigestion and results in a red nose.

Where the inflammation is of an erysipelatous nature, pure bismuth, such as is taken internally may be used as a powder. Another cooling preparation is refined chalk made into a paste with glycerine and water—one part of the former to two of the latter. The paste may be spread upon the nose and contiguous affected parts and allowed to remain for as long a time as convenient; then remove it gently and carefully and softly dust or wipe the spots that have been thus cooled. Those people having a predisposition towards erysipelas should eschew wines, strong tea or coffee, or highly spiced or seasoned foods. The more laxative and cooling the diet, the better.

For the redness which shows no erysipelatous characteristics there are lotions and unguents which will palliate the trouble and sometimes wholly remove it; though some lotions irritate and increase the difficulty.

There are idiosyncrasies of the skin as well as of the system, and occasionally a lotion which rapidly overcomes a difficulty in one case may produce the opposite effect in another; or, a degree of strength that may work to a charm upon the skin of one person may prove too weak or too strong for another. Therefore all the remedies given here as well as in other parts of the book are what

may be termed approximative—that is they are suited to the larger majority; and personal judgment, based upon the results of their use, must direct the addition of any weakening or strengthening ingredient.

In these cases a long course of applications of zinc ointment with a slight admixture of benzoin, will benefit a redness of the nose or the adjacent flesh. Apply it thickly at night, covering it with bits of thin muslin or linen, and in the morning wash it off with hot water, which is always better than cold for the afflictions under discussion. A tumbler full of hot water to which twenty drops of carbolic acid have been added makes a soothing wash, though at first there may be a sense of increased inflammation which soon passes away, leaving a cool and refreshing sensation. The lotion may be used in the same way as the zinc ointment with as satisfactory results; and either will quell a coming pimple or a red blotch upon the face if applied in time.

The mask remedies hitherto suggested will prove efficacious in whitening reddened noses or cheeks in a general way, and a good unguent to use for the purpose is made as follows:

Dissolve in a cup set in hot water, one ounce of sweet oil and a piece of white beeswax of the size of a silver quarter. When the ingredients are thoroughly blended and while the mixture is warm, spread it rapidly on the mask, and as it cools it forms a waxy covering. If allowed to remain all night upon the face it is said to be “as potent a beautifier as has ever been devised.” Linen, or white kid makes the best mask whether for the nose or the whole face.

Another lotion is made of

Glycerine,	1½ ounce.
Rose-water,	6 drachms.
Carbolic acid,	30 drops.

Apply at night and wash off in the morning with soap and hot water. If it causes irritation it is usually because there is either too much or too little of the acid in the mixture, and the fault must be remedied as directed by the results of experiments with the lotion.

The following is a good prescription for redness of the nose, but immediate results from its use must not be expected. Take

Muriate of ammonia,	1 drachm.
Tannic acid,	½ drachm.
Glycerine,	2 ounces.
Rose-water,	3 ounces.

Mix the ingredients and saturate a piece of cotton with the lotion every night, and bind it on the nose. If the cause of the redness is suspected combine internal treatment with the external if you desire a speedier and more satisfactory result.

The nose may be bathed nightly with camphor or aconite; and if it is oily or shiny use borax water or wash it with corn meal in place of soap. If a nose is both red and shiny without being oily, it may be bathed in tepid water and cologne, dried by the dabbing process, and gently anointed with some fine cream or oil. After a few minutes the cream should be removed with a fine rag and some rice powder or powdered starch rubbed on.

While friction is recommendable where there are black heads on the nose, it is only advised during the removal

of the specks ; for the pores of the nose are larger than those elsewhere on the face and vigorous rubbing would occasion their further expansion rather than their contraction ; and thus the nose would be greatly coarsened in effect and also rendered more liable to a return of the specks. When the latter are removed, the pores may be contracted by an application of alcohol or acetic acid ; but the latter *must be most carefully applied*. The tiny pore *alone must be touched* and *none of the surrounding cuticle*. If when all these pores are closed, the redness does not disappear within a reasonable time apply the mask treatments recommended, especially that with which the oil and wax is used ; and on no account roughly rub or otherwise maltreat the sensitive, blushing feature. “Dab” it dry after ablutions, and “dabble” all lotions upon it. Wholesome correctives and gentle treatment have frequently brought forth charming results from apparently incorrigible sources ; and the same theory is applicable where a desideratum in the matter of personal appearance seems to rest upon a hopeless foundation. The possible result is certainly worth the trouble its attainment may entail—and the trouble is simply a gentle and patient persistence in the right direction.

THE EARS.

Many theories are current regarding the size and shape of the ears as indicative of temperament or characteristics, but this point having no material connection with the subject of Beauty, will not require discussing. But that the size and shape affect the personal appearance to a greater or less extent cannot be denied. For

their size, and usually their shape Nature is responsible, though many a mother, by habitual or unconscious carelessness has caused her little one's ears to assume disfiguring lines. In a previous chapter we have inserted a caution to mothers, regarding the results of tying a cap or bonnet down over little ears that should be laid flatly against the side of the baby head instead of, as too often is the case, being folded carelessly forward. Incidentally, too, the practice of pulling or boxing the ears was deprecated and the protest is here repeated. Either is productive of evil results and neither should be indulged in. If punishment is necessary, select that which will be just as effectual and less dangerous physically. It is little short of a crime to pull a child's ears until they become deformed, or box them with the risk of impairing the hearing.

Injury may also result from an improper piercing of the lobe of the ear for the wearing of rings. This custom, by those who are firm admirers of Nature's unimproved handiwork, is considered a relic of barbarism; but though it may be, it has become so refined as not to offend the eye, and undoubtedly will prevail to a greater or less extent as long as the world has for a share of its population, a goodly proportion of the daughters of Eve. Just at the present time, the fashion of wearing rings in the ears holds a shadowy reign. They are rarely worn by people who study "good form," except with an evening or reception toilet. But the few who continue to indorse and adopt the custom should allow a medical man to pierce the ears and as far as possible see to their healing, since serious cases of tumors and even cancers have resulted from the bungling work of amateurs in this line; and but

recently, where colored silk was drawn into the lobe after piercing, blood poisoning followed with fatal results.

As the fashion of wearing heavy, pendant earrings has long since died out and is unlikely to ever again be revived, a caution regarding the disfiguring of the lobes of the ears by wearing such ornaments is unnecessary. Lobes that have been severed by the weight of rings and have grown together again in disfiguring scars are justifiable foundations for the accusation of barbarism, and unsightly enough to prove a warning in themselves. No base metal should be worn in the ears; and no gold that is not at least eighteen carats fine.

It is asserted by an anatomist, that the ears of an individual are unlike in shape, and in some cases the difference is so marked that photographs of the two prove them so dissimilar that it is difficult to believe that the pair belonged to one individual. This arises from the curious fact that the right ear is an inheritance from the father or his family, while the left resembles the mother's ear, or that of some of her family. Patti's ears are said to be nearly alike, and the fact is accounted for in this way: musical people have ears showing kindred peculiarities, and the great diva inherited her musical talents from both parents; and thus her ears are more nearly alike than they would have been had but one of her parents been gifted.

A perfect and healthy ear should be of a very pale pink, like that of the surrounding flesh. Occasionally however they are continuously red, and this condition may be the result of frequent pinchings or pulling or the sequence of exposure to the cold. Wash them morning and evening with a lotion made as follows:

Alum (powdered),	1 tea-spoonful.
Borax,	1 tea-spoonful.
Tincture of benzoin,	2 table-spoonfuls.
Rose-water,	$\frac{1}{2}$ pint.

Or, a temporary disguise may be made by dusting them with French chalk.

An ear that is wholly or partly lost may be replaced by an artificial one of vulcanized rubber or any other of the flesh tinted materials used for the purpose, and so deftly attached that the deception will escape the eye of the ordinary observer.

When there is any disfigurement of the ears it may also be more or less concealed by some neat arrangement of the hair.

Should the ears be very pale in color, with that wax like appearance which betokens ill-health, bathe them frequently with any of the stimulating lotions recommended in the chapters on the complexion; and the individual who possesses these colorless adjuncts deserves not the least censure if she applies a tiny bit of *rouge* to their tips and lobes to give them a healthful appearance.

Regarding the care of the ear, cleanliness is the main point of consideration. The wax should be removed twice a week with a regular ear cleaner, which may be of steel, ivory or shell, but the operation should be conducted very gently. If the wax is hard, warm water with a few drops of sulphuric ether in it may be used to soften it by being injected at night with an ear syringe. This little instrument costs only a small sum and should be in the possession of every individual whose ears show a tendency to offensive discharges; and the latter may be

wholly overcome, or at all events rendered less unpleasant by douches of warm water impregnated with carbolic acid—a few drops to a cup of water—injected carefully with the ear syringe. Sharp instruments, such as pins or tooth-picks should never be inserted in the ear as substitutes for a regular ear-cleaner, as they are liable to injure the delicate membrane and produce permanent ill results. If however the regular instrument is not in your possession, and a pin must be used, wrap it well in a bit of soft muslin or linen before inserting it. A fine hair-pin bent closely together at the top or rounded end, makes a fairly good substitute for an ear spoon.

Bristly hairs growing at the opening of the ear are very disfiguring and should be carefully removed with the tweezers; and the operation may be rendered quite painless by an ether spray. If however, these hairs are very coarse or bristly, they may be closely cut from time to time with a pair of thin-bladed, blunt-pointed scissors. Depilatories should not be used for hairs which grow in the ears or nostrils, as they are usually caustic in nature and unsuited to the tender membranes of these organs.

CHAPTER XXIX.

THE HAIR : ITS GENERAL CARE.

THE glory of long and beautiful hair is and ever has been universally understood and appreciated by the world at large, and its charms are acknowledged to be among the most alluring of the many belonging to womankind. This rich inheritance from Nature is by right woman's alone ; and when she wears this crown of shining strands her comrades and all those with whom she comes in contact are her subjects in the matter of admiration. Occasionally a male usurper appears wearing his hair in long, flowing or tangled ringlets, and immediately becomes a target for ridicule and sarcasm. The contempt he arouses seems to be hereditary, for ages ago St. Paul said that even Nature herself taught "that if a man have long hair it is a shame unto him." Man can offer no hygienic excuse for wearing his hair in a tangled mass floating about his face and shoulders ; for the average woman who denudes herself of the "glory" bestowed upon her sex and wears her hair in masculine fashion monopolizes all such excuses, and it must be said, with very substantial reasoning ; and while she does not enhance her charms in the eyes of the sterner sex, she makes the erratic appropriators of a woman's prerogative appear the more ridiculous, since she deprives them of all excuse and leaves it to be inferred that a desire for notoriety has stimulated an unnatural growth upon a soil

whose sub-stratum is exceedingly weak. On the contrary, the masculine sex pronounce the woman who copies their fashion of wearing the hair, "strong minded"; and in so doing make paradoxes of their own long haired brethren.

A goodly proportion of the gentler sex who are seen with short-clipped locks have been compelled to the custom by severe illness or by some physical weakness which has attacked their "crowning glory," and threatened its utter devastation unless the depleted supply of nourishment were husbanded by sacrificing the long locks and thus strengthening the shorn ones, just as a tree is pruned, or a plant is plucked of its dying leaves, to reinvigorate the remaining branches.

Short hair is a fashion not to be commended, however, where it is adopted from choice. It is not womanly, and though it need not necessarily deprive one of any of her womanliness, it is more than likely to create the impression that the wearer has more of masculinity than femininity in her nature; and, gentle maidens, no matter how sweet and lovely you are in all respects, the average man resents either silently or very outspokenly this encroachment upon the close cropped locks that are a distinguishing environment of his manliness. Therefore grow out your locks with all speed, remembering that,

"Fair tresses man's imperial race ensnare,"

and that the single hair by which beauty draws him is one of a tress that is long and shining, not short—so short he cannot tell it from his own. Doubt destroys sentiment and then Cupid becomes weary; and so if doubt comes

into the sentiment of your wooing time, do not let it rest upon the ridiculous foundation just mentioned, but bind your captive by your hair which shall become as beautiful and long as that which St. Paul declared was a glory to a woman, if only you heed the advice and instructions about to be offered you.

THE DAILY CARE OF THE HAIR.

Beautiful hair may be an inheritance, or, it may result from systematic and patient care which has been bestowed upon the quantity and quality with which the average individual is supplied. Be it one or the other, constant "grooming" is necessary to the preservation and perfection of its beauty. It must receive the same persistent attention as that which guards the beauty of the complexion; but it possesses this advantage over the latter—it more often visibly and satisfactorily responds to the attention given it than does the complexion to the ministrations it receives.

If one's hair is naturally heavy and long, and is strong and vigorous as well, its possessor has only to keep it and the scalp clean, and be energetic and yet discriminate in the use of her hair brush in order to remain a permanent possessor of the adornment Nature has seen fit to confer upon her. Beautiful hair is frequently sacrificed by habits of indolence and slothfulness, though possibly the woman may be found who, through ignorance of the requirements of personal hygiene, gives her hair no attention except a daily combing, and then but illy renders the service. It is beyond question that there are women who never wash their heads and have never owned nor used a hair brush; and it may be remarked that their hair

is not conspicuous either for its beauty or the fragrance of cleanliness ; nor in such cases are the lacks excusable, unless the individual is wholly ignorant of the physical and social necessities of complete and perfect cleanliness.

As in the care of the complexion, the woman who would have beautiful hair must begin at the very beginning and properly attend to its care. The first important detail is the necessity which exists of undressing it for the night, just as by disrobing the person and making a night toilet proper rest for the body is obtained. This holds true especially with those who dress their hair so that it is drawn upward from the roots, or out of its natural direction. The hair thus dressed, or confined in any way, needs occasional rest from the unnatural strain put upon it, and the hours devoted to resting the mind and body are also convenient for relieving and resting the roots of the hair. Therefore the hair should be taken down at night, and with a coarse comb gently untangled and straightened ; then, dividing it from the center of the forehead to the nape of the neck, it should be brushed at each side until it feels soft and looks glossy. The hair-brush should have long, uneven bristles that are moderately stiff and yet yielding enough not to irritate the scalp too much. In fact, it is well to have two brushes—a stiff one for the hair and a softer one for the scalp. And there's a knack in brushing ; it can be done so as to set all the oil glands of the scalp into action and create a healthy circulation, thus providing a natural luster and a vigorous growth ; or it may be conducted so as to irritate and inflame the scalp, thus drying up the glands and rendering the hair lusterless, brittle and untidy, and finally causing it to fall.

Draw the brush firmly, though gently, over the scalp and down through the entire length of the hair at each stroke; and let the strokes follow each other in quite rapid succession, since a slight current of electricity is thus excited, and this stimulates still further the life and growth of the hair by its quickening influence upon the roots or bulbs. The brush should never be brought down upon the scalp with a quick, sharp, striking motion, as this not only irritates and sometimes wounds the scalp, but it produces a shock, which though slight, has a detrimental effect upon a nervous or delicate system and creates more harm than benefit. The short, quick strokes which are carried only partly through the hair produce another variety of shock, since they tangle the hair, with painful results to people with sensitive scalps, and also with disastrous sequences in the way of broken hairs, that in turn soon become uneven, untidy locks. A comb, properly manipulated, is far better for straightening tangled locks than a brush, but its use, like that of the brush, must be governed by discretion. Under no circumstances endeavor to comb out tangled locks by beginning at the scalp and dragging the comb through the hair, unmindful alike of suffering and the denudation of the scalp. Divide the hair into strands or small portions, and comb each separately, beginning *at the end of the lock*, and commencing each stroke a little higher than the preceding one. If an obstinate tangle is encountered have a little patience, and with the end teeth of the comb endeavor to undo its knotted condition without breaking or pulling out individual or collective hairs. If the scalp is very sensitive, firmly grasp each strand before combing it just far enough away from the head to draw the hand

upward and backward, thus removing all strain from the scalp and making it come upon the protecting hand. In this way the worst tangled little head that ever rose from a pillow may be combed out into flossiness unattended by the usual demonstrations of pain and the general desire to elude the process. The hint just given need not be lost upon the adult whose tangled locks force expressions of pain from her lips; if she will fortify herself with patience, and then follow the above suggestions, there will be no excuse for the destruction of her lovely hair through its tangling tendencies.

Once the hair is free from tangles, the brush then comes into play as a beautifier, which it proves to be in a double sense; for it not only softens and lends a luster to the hair, but the exercise its use necessitates develops attendant charms of complexion and person. The old-fashioned rule of fifty or a hundred strokes of the brush each night must have been formulated by a diplomate, since its practice accomplishes this double purpose, and it certainly cannot be improved upon as a beautifier of the hair, provided no disease or physical weakness is setting up its forces in opposition. No matter how rough or dull the hair may be, if it is healthy, brushing it regularly daily or at bed-time will soon transform it from an indifferent to a noticeably fine appearance.

When the hair is brushed for the night, divide it at the center of the back and plait it in two loose braids, allowing them to fall unconfinedly over the shoulders. Two braids are better than one, because they separate the hair, thus permitting better ventilation; for the hair and scalp require ventilation as much as does a room which has been tightly closed. A noted hair-dresser says that

“often the cause of falling hair is a lack of ventilation ; that is, the hair is tightly twisted or braided all through the day and frequently not undone at night ; by and by the scalp becomes heated and the roots of the hair scalded, as it were, and soon the hair itself begins to fall. Ladies should, whenever possible, let down their hair, and even if they do not wash it, sit where a breeze will lift and toss it about ; or, if this cannot be endured, it should be fanned until the scalp feels cool and refreshed.” Certainly the theory is reasonable, and because it is, it is a strong argument in favor of dressing or rather undressing the hair each night for purposes of ventilation as well as those of rest.

WASHING AND SHAMPOOING THE HAIR.

Opinions differ as to how often the head or hair should be washed, as well as to the method considered the best. The nature and quantity of the hair and the condition of the scalp should be made the foundation for personal discretion in the matter, where a lady has neither a maid nor a professional hair-dresser. If the hair is light and fluffy, showing that the oil glands are either not well supplied or that they are inactive, the head should be washed no oftener than the condition of the scalp makes the process necessary ; for to thoroughly wash the hair soap must be employed, and be it ever so little used it will still further deplete the already small stock of natural oil in the glands. If, however, the hair is heavy and oily, and soon becomes greasy to the touch, it should be washed at least every fortnight, and, if convenient, no harm will result from a weekly shampoo. But after each ablution it must be *thoroughly dried before it is dressed* ; otherwise a

disagreeable, musty odor will result, and the hair will seem as sticky and heavy after washing it as it was before. It is well after drying such hair as much as possible with towels, to rub into it and the scalp a little bay rum, Cologne or any tonic containing alcohol, but no oily ingredients. This will facilitate the process of drying, which should be further aided by fanning. During warm weather sit out in the sun or a good breeze after washing the hair, being careful to avoid draughts, and then the drying process will be perfect. In the winter, the heat from a register will also toss the locks about sufficiently to quickly dry them. It is not advisable for one to lie down to rest, or to retire for the night after washing the hair, while the least dampness remains. The result is usually a cold in the head; and the beauty destroying effects of this affliction, to say nothing of its discomfort, should be a sufficient warning against the practice with no further caution. Another preventive of a cold following a shampoo is found in the following direction: Separate the hair at the middle of the back of the head, apply some alcohol or bay rum, and then vigorously rub this part of the scalp until it and the hair upon it are dry; then you may take your own time to dry the rest of your head with no fear of cold. Even omitting the alcohol, drying this portion of the head first and thoroughly will prove a protection against cold.

In washing hair that is naturally dry and possibly harsh and brittle, avoid the use of ammonia or borax, unless in very small quantities. Both are drying in their effects, and ammonia is said to occasion premature grayness. If either is used, most thoroughly rinse the hair in two or three waters before drying it, and no serious results will follow.

An excellent preliminary application is a raw egg well rubbed into the scalp. The yolk alone may be used, and as it contains a moderate amount of oil and phosphorus will nourish and soften dry hair; or, if desired, the white may be used with the yolk and supplies albumen, a nourishing substance found in most foods, and existing in a nearly pure state in eggs. When the roots of the hair and the scalp have been thoroughly impregnated with the egg, they and the hair may be washed with warm water and pure Castile or some other equally fine soap, after which a copious rinsing should follow. Wring or squeeze the hair in a towel to free it as far as possible from the rinsing water, rub it well with other dry towels, and then toss it about or fan it until dry; then, and not until then, comb it, as it is said that combing it while wet will make it streaky and much less soft and silky than if the combing is postponed until the hair is dry.

An English paper gives a recipe for an "egg julep" which it highly recommends as a cleansing shampoo. The process also includes the use of ammonia, and we give the recipe and suggestions in their entirety, and leave our readers to be guided by personal judgment regarding its use. The extract reads as follows:

"Washing the head with ordinary soap and water, even with the addition of a little soda, does not thoroughly remove the grease, and leaves the hair harsh and sticky. This julep removes all traces of grease and leaves the hair soft and silky. Soap may be used with the first water, damping the hair with the prepared water and then rubbing on the soap. Pears' soap is admirable for ordinary use; but if there are symptoms of grayness, or the color appears to be fading, use sulphur soap. Put a pint of

warm—not boiling—water into the washing-basin ; into this break the white of an egg, or the whole egg, if preferred. Add a dessert-spoonful of spirits of ammonia, and one of spirits of wine. Beat for a few minutes, and then add about half a gallon of warm water, and wash the hair. Afterward rinse with warm water, in which dissolve a small lump of ammonia. Ammonia used in this manner does not injure the hair, but applied and left on the head in tonics and washes it quickly produces gray locks.”

Hair that is naturally greasy or oily may be washed frequently in warm water in which half a tea-spoonful of bi-carbonate of soda has been dissolved. In fact, this amount of soda may be used in each of the rinsing waters as well, and in addition to removing the greasy condition, it will also keep naturally light-colored hair fair and fluffy. Being a corrective of acidity it may be used to advantage in washing heavy hair which displays a tendency to smell sour or musty during warm weather.

An old German method of washing the hair is generally accepted as excellent in consideration of the luxuriant locks which are possessed by the women of that country. The process is conducted as follows: Every fortnight wash the head with a quart of warm water in which a handful of bran has been boiled and a little fine white soap dissolved. Then rub the beaten yolk of an egg into the roots and allow it to remain for a few minutes, after which wash and rinse the head and hair thoroughly with warm water. Dry it as previously directed, and then, if necessary, rub into the scalp a little of some softening lotion, such as bay rum, with a little castor oil or glycerine added. No such application, however, should be necessary, as, after a thorough shampoo, the secretions of the

skin and oil glands should provide all the lubrication needed.

An occasional use of shampoo preparations which cleanse and refresh the scalp is advisable, and a few recipes for making them are here offered.

A very good one is made as follows : Dissolve half an ounce of transparent soap in a quart of rain water, add a small wine-glassful of alcohol and a few drops of some fragrant oil. Let it stand a few days, shaking it now and then before using it.

Another is this :

Borax (powdered),	1 tea-spoonful.
Soft water,	1 quart.
Oil of lavender,	enough to scent.

Or, mix thoroughly together a table-spoonful each of aromatic spirits of ammonia and the best olive oil, and then slowly add a pint of rain water. Scent with oil of rose, lavender, bergamot or any favorite perfume. Should this shampoo leave the skin dry and the hair harsh, half an ounce of glycerine (pure) may be added to it.

A favorite shampoo liquid is made of

Borax powdered,	2 ounces.
Boiling water,	2 quarts.
Camphor powdered,	1 ounce.

Mix and when cold bottle for use. Rub into the scalp every few days with a sponge or the fingers, and as a dressing apply after each shampoo a little eau de Cologne and almond oil, in the proportion of two parts of the Cologne to one of the oil,

Another shampoo which is liked by those who prefer an oily mixture is made of

Olive oil,	$\frac{1}{2}$ pint.
Boiling water,	1 pint.
Borax,	$\frac{1}{2}$ ounce.

Apply when cold, with a sponge or flannel or the fingers, always shaking the mixture before using it.

Rosemary water or tea and borax mixed make a very good wash.

The shampoo mixture used by barbers is usually made as follows :

Carbonate of ammonia,	$\frac{1}{2}$ ounce.
Borax, powdered,	1 ounce.

Dissolve these two ingredients in one quart of soft water and then add a mixture made of

Glycerine,	2 ounces.
New England rum,	2 quarts.
Bay rum,	1 quart.

Shampoo the head with this liquid and then wash it off with plenty of clean soft water.

Same authorities claim that the scalp only and not the hair should be washed ; but while on some occasions this method may prove efficient, and possibly for individual reasons, sufficient, generally considered it is not productive of perfect cleanliness. An experiment of the method will prove the above assertion. When the scalp has been thoroughly washed and rinsed, take a basin of clean warm water and rinse the remaining portion of the hair in it, and if any doubt as to the necessity for washing the

whole suit of hair previously existed it will at once be dispelled. Stroke a hair in an upward direction and the fingers will feel the resistance offered by the minute scales with which it is covered and which overlap each other like the slates on a roof from root to point; and minute as they are these scales catch and retain atoms of dust which cannot be removed by either brushing or combing, no more than the dust can be removed from under the edges of the slates on a roof by sweeping downwards with a broom. Neither can the hair be brushed or combed contrary to the natural direction from point to root, because of these scales, and therefore to accomplish perfect cleanliness which, by the way, is absolutely necessary to the healthfulness of the scalp, the shampoo or ablution must be complete and include the scalp and the full length and quantity of the hair growing upon it. Do not depend upon the process of simply washing the scalp and drying it and then using a brush and fine comb for removing the *débris* washed down from the scalp and that otherwise collected by the scales of the hair. The method is neither cleanly nor satisfactory, and as a careful shampooing or washing of the hair is productive of no harm whatever, there is no reason in anyway connected with the health, why there should not be as scrupulous neatness in this respect as in any other; and there are most excellent hygienic reasons why there should be.

While the general use of a fine comb is deprecated on account of its irritating results on the scalp, it is a necessary article of the toilet though possessing few advantages. Made use of just before a shampoo it renders the latter process less troublesome by removing fuzzy accumulations of dust such as rest lightly, like down,

upon the hair but are not perceptible until collected by the fine comb. But do not *rake* the scalp with this comb; though it may be very gently used to loosen dandruff before a shampoo, it should not be dragged over the scalp and especially with such force as to cause abrasions and bleeding; and yet among some people this vigorous use of the comb mentioned is a habitual custom most generally attended with complaints of "a rash on the scalp," "thin hair," and "such uneven hair," all of which conditions are not unlikely due to a daily harrowing of the scalp with the occasionally useful though generally dangerous fine comb. A brush or two and a coarse comb with slender, blunt-pointed teeth are what should be used in the daily care of the hair; and this comb should be of rubber, horn, shell or ivory, and *never* of metal, as the teeth of the latter are always too sharp and generally rough. Very sharp teeth in any coarse comb are as disastrous in their results as heavy-handed strokes with a fine comb. If a comb has split or cracked teeth or even a single broken tooth, it should be discarded at once as its use will break and destroy the hair very rapidly.

CUTTING THE HAIR.

Some of the assertions concerning the cutting of the hair are extremely contradictory and yet they may all be true. Some claim that cutting the hair will cause it to become thicker—that is, that it will induce an extra growth; others that this process does not thicken the growth, but only renders it coarser. The latter condition, however, would give the effect of a more luxuriant growth, and possibly the two assertions may be reconciled in that way unless the following be true: It is

stated that the hair of women is coarser than that of men; and that cutting the hair prevents it from falling out and at the same time makes it coarser. Now the hair of men is cut every two or three weeks, and yet a large proportion of the sex are bald or have very thin hair. The hair of women, however, is rarely cut and, generally speaking, is far more luxuriant than that of men. When these statements and facts are compared, it must be allowed that there is a flaw somewhere in the deduction of results; and the wiser plan will undoubtedly be to leave the differences to right themselves and accept suggestions that are based upon the foundations of observation and experience as sufficiently reliable for general dependence, not forgetting that, as in other cases, the same suggestion will not perhaps be found adaptable to each and every individual who reads it.

An excellent authority upon the subject says, "A wide and carefully noted experience shows that the hair is strengthened and its growth is more rapid if frequently clipped;" and a German statistician affirms that "if a man shaves every twelve hours, his beard will grow from six to twelve inches a year, but if he shaves only once in thirty-six hours, it will grow but from four to six inches in that time;" and from this is deduced the theory that frequent clipping will stimulate the growth of hair upon the head. It is undoubtedly one of the physiological peculiarities of the sexes that the male sex should have weaker hair than the female, though they are constantly following the above theory of invigoration by having it frequently cut. Beginning in infancy the clipping process should be kept up during the lifetime; but unless there is some reasonable requirement for short locks, the hair of girl

children should not be closely shorn as it often is. The clipping of the ends keeps its growth vigorous and does not destroy the silky flossiness of the baby locks, and when the little one has become a woman her hair will be as soft as when she was a child. It will also retain its graceful lines, though they may become accentuated; whereas, when the baby locks are cut close to the little head time after time, they grow strong and obstinate and often become quite uncontrollable. The clipping is simply cutting off the ends of the hair sufficiently to even them, about once in a month. Hairs are liable to split at the points, both in children and adults, and this is indicative of a debility of the scalp, which should be corrected by a mild, softening or tonic application. In the meantime the split hairs will not grow until their divided points have been clipped; and a professional hair-dresser—that is, one who assumes full charge of the hair just as a complexion artist does of the face—carefully examines the ends of the hair at each visit and clips them separately, even though he does not “even the ends” in the general manner. A lady may do this for herself if she is willing to devote a little time to it now and then, and she will find herself repaid sooner or later by the evenness and strength of her hair. This plan of searching for split hairs or those that are twisted, dead or discolored at the points, and cutting them off up to the healthy portion of each was suggested by the celebrated Dr. Erasmus Wilson, and he asserts that the procedure will result in a vigorous and continuous growth of hair. Two or three hours a month is certainly not very much time to spend in following the suggestion since it is accompanied with almost a guarantee of long flowing locks.

HOW TO DRESS THE HAIR.

Regarding the arrangement of the hair only general suggestions can be made since fashions of coiffure change as often as those of costume. But we do not advise every one to follow the fashions for dressing the hair as they come and go, as such advice would result in many cases in utter incongruities of outline. A tip-tilted nose and a Psyche knot are provocative of a smile when the eye catches a silhouette view of the plebeian feature and the classic coiffure, and one cannot help thinking how much prettier an effect would have resulted from a light arrangement of the hair upon the crown of the head or the nape of the neck, according to the requirements of the face. A woman may become a much more satisfactory hair-dresser for her own individual needs if she attentively studies her face, than the most elaborately skillful *coiffeur* who sees and regards nothing but curls and bandeaux, puffs and waves when he dresses my lady's hair. The coiffure as a structure may be a success, but as a beautifier it may so completely fail as to detract from a pretty face instead of enhancing it. On the contrary, a face possessing so called defects may be greatly improved in effect by an artistic arrangement of the hair.

Dark hair should be smoothly dressed and, where it lies close against the head, shine like satin, and this lustre must result from brushing, not from oils or emollients. If bangs are worn, let them lie in soft rings or locks, but on no account "friz" them until they are in tight and woolly crimps or curls.

On the contrary, light hair should be loosely drawn

backward or upward as suits the face best, and thus its prettiest tints and hues will be brought out by the brushing it has received and the lights and shadows its wavy tresses reflect or hold. A light bang should be curled and combed out so as to appear fluffy and light—a sort of halo so to speak.

In either light or dark hair, a bang should be suited in length and shape to the contour of the face. A straight-across bang gives a round face a common, vulgar appearance that is never present when the bang is slightly pointed at the center or is so dressed as to break a set line above the eyebrows. Low foreheads permit the wearing of a pompadour, but a face with a high forehead is softened by the fringe of a bang, especially if the latter is shaped to harmonize with the outline of the face; and just here it may be mentioned, that the professional hair cutter takes no interest whatever in adapting the bang to the features. The prevailing “cut” is given to each customer whether her face be as round as an apple or as long as a lantern. The “artist” like the *coiffeur* sees nothing but his particular line of work and that, he fancies, does not include a study of features. The result is that not one woman in twenty is satisfied with his services. To herself and friends she looks “queer” after submitting her bang to his scissors and she doesn’t know why; but the secret is that he has never even looked at her face in connection with her bang, which he has cut in the prevailing, but to her, the most unbecoming fashion. Never mind if you do not wear a bang cut in the latest fashion! See that it is suited to your face, and to attain this result, learn what outline is most becoming to you and then cut your bang yourself. Do not cut it all of the same

length, but divide it into two portions, parting it from side to side with a coarse comb; then cut the back portion about three quarters of an inch shorter than the front portion, and when the bang is curled it will not hang in a heavy line across the forehead.

If the face is broad and round, dress the hair high to produce an effect of length, locating the coil or twist on the crown or just back of it. If the features are long and spare, dress the hair so that the mass of it will come at the back of the head or at the nape of the neck, thus securing for the face a simulation of fullness or roundness.

If the line from the chin to the crown of the head is long, poise the mass of the hair just where it will break up this appearance of length; but if the line is too short for a regular contour, cover the deficiency and supply the needed fullness by coiling the hair at this particular spot.

All of these little points may be seen and remedied if, when dressing her hair, an individual remembers that she will not be inspected simply from the front or back of her head alone but also from the side or profile view. She may have arranged her hair beautifully—so that it shows a charming reflection as she faces the mirror or a perfect outline as she regards it with a hand glass from the back; but, if she thinks far enough to take a side view of herself before she lays down the hand glass, her eyes may meet a most discouraging reflection. A touch or two may remedy the defect in the side outline and in no way interfere with the rest of the contour. When she dresses her hair, a woman should be as careful as she is in most other considerations of importance and look at it from all points of

view; and then if she possesses any discriminating qualities at all, she probably will never be told how unbecomingly her hair is dressed, for it will never warrant the criticism.

CHAPTER XXX.

THE HAIR, CONTINUED.

FALLING HAIR, DANDRUFF AND BALDNESS.

FREQUENTLY between the ages of twenty and thirty, and more often in women than in men, the hair begins to fail in growth, looks dry and withered and finally shows a decided tendency towards falling with sufficient rapidity, unless checked, to soon produce baldness. There is always a definite cause for this effect, and unless it is discovered and corrected, tonics and lotions will be of little use in invigorating a scalp debilitated by some remote cause.

It is not generally known, perhaps, that dyspepsia is a frequent cause of falling hair ; yet such is the fact, and it is equally true that unless this disease is cured the hair will continue to fall or remain thin and wispy looking, despite any attention bestowed upon it in the way of unguents, washes or lotions. The same theory holds good with regard to other debilitating diseases which include the hair in their attacks. Even a system that is simply "run down" will occasion a loss of hair, since the debility extends all over the skin as well as the body and, naturally, when the pores and glands of the scalp are relaxed and shriveled because of a general weakness, they lose their hold upon the roots of the hairs, which, as a sequence fall out.

But not always from ill health or local trouble does the loss of hair occur. At the close of the summer, when all the animal kingdom is preparing for the coming winter by doffing the old and donning a new covering, mankind goes through a corresponding process so far as the hair is concerned, and much of the old falls out to give place to the new which is crowding it out. Therefore, unless the falling continues for an unreasonable length of time at this season of the year, no uneasiness should be felt. It is only a natural process, the principle of which is repeated in all the handicraft of Nature whose laws are as wise as they are inscrutable. When the falling continues for several months, it is fair to suppose that some one of these wise laws have been disobeyed and that Nature is protesting by punishment; for in these respects the law of compensation most certainly asserts an existence which cannot be denied.

The main point then, to be observed in prescribing for *alopecia*, as falling of the hair is medically termed, is to learn the cause of the debility and overcome it if possible; and this is a matter for your physician to adjust. When the general system is toned up and fairly good health is established, then the patient may follow any of the suggestions herein given; for though the hair may fall the follicles or hair-sacs still remain, and if the disease has not destroyed them, new hair will grow to take the place of that which has fallen; otherwise the hope for a new growth of hair is futile.

If the scalp is examined with a lens, it will not usually prove as healthy as it appears to be to the casual observer. Scurf that was invisible, reddened and spongy looking roots and an irritated looking surface will be dis-

closed as the result of a microscopic examination instigated by a feeling of heat in the scalp, the presence of an unnatural odor, and a tendency of the hair to fall. If the scurfy condition is slight and there is no rash or eruption, the first step is to wash the head thoroughly with warm or tepid water and Castile or sulphur soap—no strong or cheap varieties must be used. When the scalp is thus cleansed, rub into it night and morning for a fortnight, with a soft tooth or nail brush, a little of the following lotion.

Pure Glycerine,	3 drachms.
Lime-water,	4 ounces.

At the end of the two weeks, the scalp will be ready for a stimulating wash which would be of little benefit if applied before the procedure just directed. The above wash, with half an ounce of tincture of cantharides added, may be used for another fortnight, and later on a whole ounce may be added to it. Or, after the first fortnight the following wash may be substituted :

Castor oil,	1 ounce.
Liquor of ammonia (strong),	1 ounce.
Best French brandy,	2 ounces.
Rose-water,	6 ounces.

This wash however, on account of the ammonia in it, should not be used oftener than every other day.

A tonic to be applied night and morning, and compounded similarly to the quinine washes so highly recommended is made after the following formula :

Peruvian bark (a strong decoction)	$\frac{1}{2}$ pint.
Brandy, 1 wine-glassful.
Glycerine, 1 table-spoonful.

As a good circulation is essential to the growth of the hair, as well as to its color and fineness, vigorous brushing should be a constant practice even when applying tonics or stimulants of any description—that is after the tonic has been brushed or well rubbed into the scalp, then the brush with long stiff bristles should be applied. Owing to his close cropped locks, a man may, and frequently does use two brushes at the same time—one in each hand, and thus by vigorous alternate strokes he gets over the ground, or rather the scalp in short order, and gives it a glow difficult to impart to the scalp of a feminine individual, whose locks by this process would indeed become knotted and combined.

A quinine tonic, especially suitable for those with moist or damp hair or for those who from neuralgia or other headaches are losing their hair or its color, is highly recommended and is made as follows :

In enough spirits of wine or lemon-juice to make it smooth, dissolve

Sulphate of quinine,	$\frac{1}{2}$ ounce.
Bay rum,	16 ounces.
Oil of rosemary,	$\frac{1}{2}$ ounce.
Tincture of cantharides,	4 ounces.

Moisten the scalp with the tonic, using a small sponge, and then gently brush the hair at the roots. While this mixture does not actually color the hair, by its stimulating properties it often induces the return of the natural color and prevents the hair from falling out. If the scalp is sensitive and is irritated by the wash, reduce the tincture of cantharides by one-half. Where the scalp presents the symptoms described at the beginning of this

chapter, wash it with sulphur soap or egg julep before using the lotion and occasionally between applications.

A scalp that is too dry but shows no signs of disease may be moistened sufficiently by now and then rubbing in a little cocoanut or almond oil; or tincture of bayberry which is very softening and beneficial.

Among the "home remedies" for falling hair may be mentioned this one, which is said to have rendered efficient service in preserving the hair and accelerating its growth:

Old Whiskey,	$\frac{1}{2}$ pint.
Rock Salt,	As much as will dissolve.
Glycerine,	1 table-spoonful.
Flour of Sulphur,	1 tea-spoonful.

Another denominated as "an old woman's remedy" is made of

Black tea,	2 ounces.
Boiling water,	1 quart.
Keep in a warm place for an hour and strain; then add		
Tincture of cantharides,	8 ounces.
Rum,	$\frac{1}{2}$ pint.
Glycerine,	2 ounces.

It is said that this wash will effectually check falling of the hair.

A tonic to be applied as soon as the hair begins to fall out, and one that is attended with favorable comments is made of

Tincture of cantharides,	$2\frac{1}{2}$ fluid ounces.
Jamaica rum,	$2\frac{1}{2}$ fluid ounces.
Glycerine,	$\frac{1}{2}$ ounce.
Sesqui-carbonate of ammonia,	2 drachms.

Oil of rosemary,	20 drops.
Mix these well and then add		
Distilled water,	9 ounces.

Shake the mixture thoroughly, and apply to the roots of the hair with the fingers. At first it will be advisable to have some one else apply it, so that all parts of the scalp may be equally benefited.

Rosemary, the odorous plant found growing in most gardens, furnishes one of the best known tonics for the scalp. A wash made of it by the following directions will be found stimulating to the growth of the hair, and also efficient in removing dandruff and scurf.

Take a double handful of rosemary leaves and pour on them two quarts of water, and gradually heat until near boiling. Then stir in one ounce of powdered camphor and two of powdered borax and cover the mixture until it is cold, when it may be bottled for use. Rub this into the scalp every day, and every night apply the tonic prescribed by Dr. Erasmus Wilson, which is prepared as follows :

Tincture of cantharides,	3 ounces.
Oil of rosemary,	1 ounce.
Bay rum,	6 ounces.
Olive oil,	1 ounce.

It is said, also, that an ounce of rock sulphur broken in small pieces but not powdered, and added to this lotion, will arrest symptoms of coming gray hair.

Another rosemary tonic intended to promote the growth of new hair as well as preserve the quantity of old is made as follows.

Steep some rosemary leaves in water until the liquid

boils. Strain, and to eight ounces of the liquor add three ounces of the tincture of cantharides. Rub into the scalp night and morning. If the hair is very dry, and the scalp scurfy, add to the above quantities one ounce of the oil of rosemary and twenty drops of the oil of nutmeg. Shake the lotion well before applying and rub it in with a bit of flannel or a small sponge.

A similar lotion may be made as follows when fresh rosemary leaves cannot be obtained :

Bay rum,	4 ounces.
Tincture of cantharides,	2 ounces.
Oil of rosemary,	$\frac{1}{2}$ ounce.
Oil of nutmeg,	20 drops.

Still another remedy from the garden is made by the following method, but is very oily :

Bruise a pound and a half of southernwood and boil it in one quart of old olive oil, with half a pint of port wine or other spirits. When thoroughly boiled, strain very carefully through a linen cloth and repeat the operation twice more with fresh southernwood. Then add two ounces of bear's grease or fresh lard. Apply twice a week and brush it in well.

From the borders of the garden walk another remedy is supplied :

Take four large handfuls of common box leaves and boil them in three pints of water for a quarter of an hour, strain the liquor and add a pint of cologne to preserve it. This should be rubbed into the scalp quite frequently ; but to make the hair grow very quickly add to six ounces of this tea or wash three ounces of tincture of cantharides, and one ounce of rum. Then use the plain

tea in the morning or as often as wished, and the lotion just described at night. Or, to six or eight ounces of the tea or to the lotion add half an ounce of glycerine and the same quantity of oil of rosemary. This will make the hair smoother and softer.

The democratic burdock also contributes strength and vigor to the hair if a strong tea of it is used as a wash two or three times daily; and two or three ladies who have magnificent hair attribute the attainment of this species of glory to the use of the following unique wash;

In five pints of water, boil

Yellow-dock root,	1 pound.
Strain and add		
Pulverized borax,	1 ounce.
Coarse salt,	$\frac{1}{2}$ ounce.
Sweet oil,	3 ounces.
New England rum,	1 pint.

Also the juice of three large red onions, and enough aromatic oil to overcome their odor.

The juice of the onion, and also petroleum, is said to be a wonderful stimulant for the hair; but in either case the odor is almost unbearable, and therefore these remedies for falling hair are not likely to become universal.

A tonic preparation for the hair, given by a noted specialist in matters pertaining to the preservation of beauty is as follows:

Bay rum,	1 quart.
Table salt,	$\frac{1}{2}$ tea-cupful.
Castor oil,	1 drachm.
Tincture of cantharides,	1 drachm.

This tonic is very stimulating and not oily enough to

be disagreeable, and is said to be very efficacious in arresting the falling of the hair.

A preventive of falling hair is to clip it frequently, and then apply the following lotion :

Powdered camphor,	. . .	1 drachm.
Powdered borax,	. . .	1 drachm.
Spirits of wine,	. . .	2 tea-spoonfuls.
Tincture of cantharides,	. . .	2 tea-spoonfuls.
Oil of rosemary,	. . .	4 drops.
Rose-water,	. . .	$\frac{1}{2}$ pint.

Dissolve the first two ingredients in the spirits, add the oil and cantharides, and then gradually add the rose-water, shaking the mixture from time to time.

“Rowland’s Macassar Oil” for the hair is claimed to be one of the most powerful stimulants for its growth ever known. It is prepared as follows :

In a jar containing eight ounces of sweet oil, suspend a quarter of an ounce of the chippings of alkanet root tied in a bit of muslin ; cover and let it stand for a week. Then add

Tincture of cantharides,	. . .	60 drops.
Oil of rose,	. . .	10 drops.
Oil of neroli,	. . .	60 drops.
Oil of lemon,	. . .	60 drops.

Closely cork the jar and let it stand for three weeks longer, when it will be ready for use.

A tonic which has received the universal recommendation of its many users as an efficient promoter of the growth of the hair is compounded after the following formula :

Eau de Cologne,	8 fluid ounces.
Tincture of cantharides,	1 fluid ounce.
Oil of lavender,	$\frac{1}{2}$ fluid drachm.
Oil of rosemary,	$\frac{1}{2}$ fluid drachm.

Mix thoroughly and apply to the roots of the hair every day or two.

A preparation said to strengthen and quicken the growth of hair on a too thinly-covered scalp is this:

Bi-carbonate of soda,	. - . .	1 drachm.
Distilled water,	2 table-spoonfuls.

Rub this into the roots of the hair, alternating the applications with castor oil thinned with alcohol. If the hair is too oily from these alternate applications, use the lotion two days in succession and then apply the oil. Perseverance is one of the necessities of this remedy, just as it is of any other. Results in the care of the hair are generally slow, and the average woman becomes discouraged after a few days' trial of any preparation recommended for the trouble she suffers from. Time and patience will have to be expended even with the most highly extolled remedies.

When after scarlet or typhoid fever or any disease affecting the hair the latter falls out, the following treatment will be found most excellent and very generally efficacious.

Rub cocoanut oil into the scalp for three days in succession, and then wash it out with sulphur soap. Afterwards use the following lotion night and morning, and rub the scalp every third day with the camphor and borax lotion given in the previous chapter. To make the lotion, take

Tincture of cantharides,	3 ounces.
Olive oil,	$\frac{1}{2}$ ounce.
Oil of rosemary,	$\frac{1}{2}$ ounce.
Jamaica or bay rum,	6 ounces.

Shake the mixture well before using, and if the patience is as enduring as the treatment is efficacious if persevered in, the result will be all that could be wished for in the way of complete restoration.

If one's hair is naturally too oily and its growth slow, the following application will help keep it dry, and, at the time, stimulate its growth.

Bay rum,	4 ounces.
Tincture of cantharides,	2 ounces.

Rub a little of this into the hair daily.

Powdered starch sprinkled into the hair at night and brushed out in the morning has been suggested for damp or oily hair, but is scarcely recommendable, as unless the brushing were very thorough the starch would be likely to clog the pores and do more mischief than good. Physicians strongly advise the use of castor oil for the hair, especially when it is inclined to fall and the scalp is dry. One of the most noted dermatologists of this continent recently said: "Women keep their hair too dry. It is true that fashion demands a fluffy effect only to be obtained by overthrowing the arrangements of Nature who provides an oily secretion for every healthy head of hair. Ammonia and borax, when used in the shampoo water, neutralize this condition and leave the hair upon scalps inclined to dryness, brittle and harsh. My patients must be satisfied to lose their hair if they insist on following the fashion and ignoring Nature." In consideration of

these views, uttered by a man of long experience and the highest professional standing, it is advisable, therefore, to lightly anoint the scalp, after washing it with soda, ammonia or borax, with some bland oil or unguent which readily absorbs. This can be done without spreading it on the surface of the hair, and it will be carried through the roots to the very points of the hairs, each of which is hollow and contains the coloring matter and the natural secretion of oil.

A prescription in high favor with medical men reads as follows :

Castor oil,	2 ounces.
Oil of cantharides,	2 ounces.
Spirits of rosemary,	1 ounce.

Another holding an equally favorable position in the good books of the profession is compounded of the following ingredients :

Tincture of cantharides,	$\frac{1}{2}$ ounce.
Aromatic spirits of ammonia,	1 $\frac{1}{2}$ ounces.
Glycerine,	3 ounces.
Spirits of rosemary,	1 ounce.

Either of these two mixtures may be used daily for a time, and then semi-weekly. After each application the hair should be brushed until the scalp is all in a glow.

Tincture of cantharides is a preparation made from Spanish flies. The latter make one of the strongest blisters known, and the tincture mentioned is an irritant calculated to stimulate the pores of the skin to greater activity, and upon the scalp promote the growth of the hair by invigorating its roots. United with quinine, whose qualities as a tonic are beyond dispute, a mixture

of excellent qualities is formed. Then by the addition of brandy, rum, rosemary or cologne, the mixture becomes stimulating and refreshing, and then the softening ingredients also added provide for the scalp the necessary oily moisture which through debility, frequent washings, illness, or some other cause may be absent. In this way the ailing scalp is ministered to just as a weakened system is built up by the use of correctives and tonics.

Tincture of capsicum—a preparation of cayenne pepper—is another ingredient of some hair tonics, and if hair can be coaxed to grow at all, it surely ought to yield to the persuasions of the following tonic :

Tincture of cantharides,	. . .	1½ drachms.
Tincture of capsicum,	. . .	20 drops.
Glycerine,	½ ounce.
Cologne water,	6 ounces.

DANDRUFF.

Scurf and dandruff are nearly synonymous ; though scurf may result from some disease of the scalp, and is often mistaken for ordinary dandruff which may be present on a perfectly healthy scalp that is not properly cared for. Ordinary dandruff is simply a scaling off of the deadened or useless particles of the scalp, and corresponds to the casting-off of minute particles of scarfskin on other portions of the body. On the scalp this shedding process is hindered by the hair which holds the tiny scales. The simple form of dandruff only admonishes its victim to greater cleanliness ; but when it develops into the form which is really a disease—called *pityriasis*, it becomes annoying in many ways. Then even fastidious cleanliness will not overcome it, though a necessary

adjunct of the cure of this obstinate and persistent disease. As it develops, unchecked, it creates an inflammation of the scalp which in time itches intensely ; temporary relief is sought in the usual way and the added and poisonous irritating effects of the finger-nails only increase the difficulty, making what might have been an easy cure almost impossible. In its first stages the cure is said to be easy, and in advanced forms not wholly impossible though difficult.

When dandruff first appears, and there seems to be no disease of the scalp present, rub the following ointment upon the spots each morning after the scalp has been thoroughly washed with Castile soap and water :

Powdered borax,	1 scruple.
Dilute solution of subacetate of lead, .	2 drachms.
Clean lard,	1 ounce.
Ottar of rose or any aromatic oil, . .	a few drops.

Or, if preferred, the first two ingredients may be dissolved in three ounces of rain-water and half an ounce of glycerine.

Another unguent, to be followed by the borax and camphor wash, may be rubbed into the scalp daily, and is made as follows :

Lard,	2 ounces.
Diluted sulphuric acid,	2 drachms.

The borax and camphor wash by itself is an excellent remedy for dandruff or scurf, and though given previously, for convenience it is here repeated :

Powdered borax,	2 ounces.
Powdered camphor,	1 ounce.
Boiling water,	2 quarts.

When cold, bottle and rub a little into the scalp for cleansing or any other purpose hitherto recommended, as often as required. The rosemary wash is also good for removing dandruff.

If the dandruff is not very plentiful, it may be permanently removed by the following lotion, which will at the same time invigorate the hair.

Vinegar of cantharides,	$\frac{1}{2}$ ounce.
Eau de Cologne,	1 ounce.
Rose-water,	1 ounce.

Brush the scalp twice daily until it glows, and then apply the lotion to the roots of the hair with the fingers or a soft cloth. The brushing should remove all the loosened dandruff. If a thick yellow scurf forms on the head, try the following treatment for its removal. Rub the scalp for three successive days with cocoanut or paraffin oil. Though the latter is very disagreeable to use on account of its odor, it is a most excellent remedy. On the fourth day wash the head thoroughly with carbonate of soda and sulphur soap. Then apply nightly to the scalp for a fortnight, the lotion given below, and then again anoint with either of the oils mentioned, as before directed. To make the lotion, use

Rosemary water,	8 ounces.
Tincture of cantharides,	3 ounces.
Glycerine,	1 ounce.
Oil of rosemary,	1 ounce.

Shake the lotion thoroughly and apply it with a small, hard sponge. In about six weeks the scalp should be clean and healthy from the treatment just described.

Another method of removing excessive scurf is to liberally anoint the scalp for a week with the lard and sulphuric acid ointment given on a previous page and at the end of this time wash the head, using bi-carbonate of soda and borax in the water. The two will unite with the ointment in the formation of a soapy lather and thus all of the grease will be removed and with it much of the lather. Then use a lotion nightly made of

Rosemary water,	2 quarts.
Rectified spirits of wine,	$\frac{1}{4}$ pint.
Pearlash,	$\frac{1}{2}$ ounce.

In many instances, especially with men, the tendency to dandruff may be wholly overcome by shampooing the head every morning with cold water and then drying it, and afterward, or previous to the shampoo, using the brushes energetically. A weekly shampoo with a lather of Castile soap or an egg well rubbed into the scalp will aid in removing dandruff, and at the same time stimulate the glands to a healthier action. A few drops of ammonia or a little borax in the water will tend to more perfect cleanliness, but they must be moderately and discriminatingly used for reasons heretofore explained.

BALDNESS.

Perhaps no harmless physical defect is more dreaded or more ridiculed than baldness; and in all probability no class of people ever grew richer on the credulity of the human race or destroyed faith to so great an extent as the manufacturers of patent remedies for restoring Nature's covering to denuded polls. More often than not these remedies are harmful, as they contain poisonous

ingredients, and on the other hand those that do not injure do not benefit, since they are composed principally of water or some cheap oil and coloring matter. If as has been previously stated the little follicles or hair sacs from which the growth has fallen are alive or uninjured but possibly dormant, any of the hair tonics suggested in this chapter may quicken and stimulate them sufficiently to cause them to send forth a new growth; but if they are dead or destroyed, the affliction must be endured as there is no help for it. A reliable dermatologist, aided by a magnifying glass can easily diagnose a case, and if he is honest will tell his patients whether there is any hope for them or not.

When symptoms of baldness appear and its victims cannot consult a dermatologist, let them perseveringly follow the hints given in this chapter for at least *two or three months*, and if at the end of that time the tendency is not checked, and no new hair appears on bare spots, then all that can be done is to try to save the hair growing on healthy portions of the scalp, and to endeavor to keep the latter healthy.

While reasonable excuses might be offered for baldness in women, who wear long hair tightly twisted into coils and braids that constantly strain it and drag at its roots, or arrange it in a mass upon the crown of the head which it heats and scalds, science seems to offer no definite reason as to the universal baldness of men, who with their short hair have every facility for the most fastidious cleanliness, for applying without difficulty any species of tonic, and who with the privileges and customs of their sex can remove their hats on the hundred and one occasions when a woman must keep her head covered. That bald-

ness in men is on the increase is perfectly patent, and the fact indorses the theory that there is no remedy for it. If the real cause of baldness could be definitely determined, then it might be governed; but when the healers themselves have pates as bare and shiny as those of their patients, the deduction is not encouraging, to say the least. It is also noticeable, that the average vender of wonderful restoratives has hair as strong and vigorous as his English is weak and defective; and this significant fact does not inspire one with much confidence concerning either his knowledge of chemistry or his veracity, especially when inquiries made *sub rosa* result in the discovery that upon his luxuriant locks no drop of the wonderful elixir is ever permitted to rest. He simply has a naturally fine head of hair and it is worth its weight in gold to him. It represents two thirds of his capital—generally what is expended in cash in the orthodox method of advertising. The other third—all the capital he really has—is represented by a few bottles filled with the restorative. He establishes an inference sometimes without committing himself, and credulity steps in and relieves him of his stock, and too frequently the credulous of what little hair they have left. The moral is plain. Any of the tonics given in this chapter are better than the thousand and one “restorers” so extensively advertised, and each possesses the advantage of being “an open book” to its user. None of the ingredients are harmful, each is beneficial, and if those in which cantharides and quinine or Peruvian bark appear are used patiently and persistently, they *may* prove efficient remedies for baldness. As previously mentioned, the juice of the onion is said to be one of the strongest

invigorants of the scalp in cases of baldness. To be sure its odor renders it an inelegant application, but this is a minor suffering compared with permanent baldness. Rubbing the scalp with a raw onion cut in two receives the recommendation of the Rev. John Wesley and also has many modern indorsers. A skillful physician, whose head is almost as bare as his hand, is a believer in the remedy with some modern additions to its original application. He liberally rubbed his shining scalp with a strong red onion every day and set himself down bareheaded in the sand on the sunny shore of old ocean. The salt breezes gave him strength and vigor and old Sol and the onion brought out upon the denuded surface a fine crop of—freckles. In the mean time, being a married man he was obliged to add an extra room to his apartments at the hotel. Time has sped along and months have passed; the freckles have disappeared but not even the slightest down has come to take their places. Still, in another case the onion might have exercised its strength upon the dormant hair sacs instead of the floating pigment of the cuticle.

It is undoubtedly true that the desired effect must be obtained through active stimulation; and among the homelier stimulants may be mentioned water in which mustard has been boiled, the juice of horseradish, the teas of rosemary, box, burdock, thyme and sage.

A stimulant said to excel cantharides in restoring the hair, is the oil of mace. A strong tincture of it may be made by adding half an ounce of it to a pint of deodorized alcohol. Put a small quantity of it into a saucer and with a small, stiff brush rub it smartly into the roots of the hair. Or, rub an entirely bald place with a bit of

coarse flannel until the skin looks red, and then apply the tincture. This process must be repeated three times daily for many weeks or until the hair begins to grow, and then once daily will do, also bathing the head in cold water each morning and briskly brushing it to create a brisk circulation.

Some physicians blister a bald scalp as a preliminary treatment and often the wisdom of the procedure is apparent. The same effect may be obtained by vigorous inunctions of tincture of cantharides or oil of cajaput, both of which are strong irritants. An effectual stimulant in many cases is electricity or galvanism. A current of moderate force passed through the scalp for fifteen or twenty minutes each day will excite the action of the blood-vessels and restore the lacking nervous force. In local debility it is one of the best hair tonics known, and it may be used in connection with any of the other remedies suggested.

Shaving the head and applying stimulants is an old fashioned remedy and in some cases is quite effectual. It is here simply suggested, not recommended; since it is not unlikely to fail, and instances are recorded where the procedure permanently checked the growth of the hair and the latter never coming in again. Besides, in the interim between the shaving and the growth the disfigurement of the personal appearance must be concealed by uncomfortable methods.

Sometimes baldness appears in small spots here and there on the head. This difficulty may be cured by the application of a remedy which dates back to the Roman Empire, though it is a common enough preparation of the present day. Rub the spots morning and evening with a

little oil of turpentine ; after a time downy hair should appear on them. It is a trusty remedy and within reach of every one.

The consolation offered to those afflicted with baldness seems meager by comparison, but it is tendered in all sincerity though with perhaps little faith in view of the prevalence of the affliction and a knowledge of faithful efforts to overcome it. But where a hundred fail, perhaps one succeeds in restoring the lost glory ; and why may not you, dear reader, be the fortunate one ?

CHAPTER XXXI.

THE HAIR, CONTINUED.

DYES, BLEACHING LIQUIDS, CURLING FLUIDS AND MIXTURES, POMADES AND DEPILATORIES.

GRAY hair is not always the result of years, for young heads are frequently strewn with the silvery threads which naturally belong to age. With some the change in early life is constitutional and may be traced through a long line of ancestors; with others it results from anxieties, cares, troubles, too intense an application of the mind, or from emotions of a dismal or melancholy character; and all these causes combined show beyond a doubt that matters which disturb the brain or affect the nervous system, debilitate and discolor or whiten the hair. The theory is reasonable, since it is by serenity of mind, a repression of unpleasant emotions and the overcoming of all tendency to worry over the cares of life that health and beauty are preserved; and as the beauty of the hair depends largely on its vigor, it cannot be sustained by a debilitated scalp. Gray hair and wrinkles are slow in coming to those who possess happy or impassive temperaments.

Statistics show that dark hair is the first to reveal silvery threads, and there is a certain light shade of brown that seems never to change its color—or at least it does not whiten until real old age has made its appear-

ance and sometimes not then. The supposition which exists among many that red or fair hair always retains its color is quite erroneous. Light hair does not begin to turn gray as early as dark hair, and, on account of its color, the change is not noticeable until it is quite thickly sprinkled with gray. Besides this, when fair hair has lost its original tint and taken on that which betokens years, the white has a yellowish tinge which does not so strongly contrast with the natural color as does the pure tint of dark hair that has turned white. But examine closely, and among the pale golden threads of the blond hair upon the head of a middle aged person, will be found a commingling of silver strands, proportionate to the years of the individual.

It is a curious fact that the hair does not follow the general plan of Nature in making its transition in color, except in quantity. That is, a hair does not begin to whiten at the root and then gradually change along its length. When the pigment or coloring matter contained within it is ready to change, by some process of absorption it seems to be wholly extracted or blanched within so short a time—an hour, or a day possibly—that the gradual process is rarely observed. Occasionally a hair may be found which still shows a faint trace of the pigment along some portion of it, but usually when discovered it is white from root to tip.

It is also said that when gray hair falls out a new growth does not follow; but there have been exceptions to this rule, and, therefore those who have lost their whitened locks need not despair.

To some the coming of gray hair seems a misfortune; but in this way fortune prepares the proper framing of a

face whose tint and smoothness she has touched to render it harmonious with whatever period of the allotted "three score years and ten" it represents. Mankind is prone to rebel when its opinions are not in accord with natural sequences, and Nature, having had her way in changing the hair from the hue of youth to the proper one of age, whether prematurely as a punishment for some defiance of her laws, or in the regular order of her arrangement for the life of man, takes no heed of complaints and repinings. Neither does she interfere with any reasonable effort made to conceal the marks she has made on feature or form, and therefore mankind is at liberty to do what it can to obliterate the touch she leaves upon the locks of either man or woman. A reasonable effort means one which will in no way injure the health or render a person conspicuous, or, as is often the case, ridiculous.

Though it is claimed by some writers that the natural color of the hair may be restored by a diet of food containing carbon and iron and such other elements as analysis discloses in the coloring matter of dark hair, it is more than likely that such a restoration, should one occur, would simply prove an exception, and probably a single one in the midst of thousands of failures. While hair may fall and fade from physical debility or possibly insufficient diet, it is quite certain that once *blanched* the hair cannot be restored through food or tonic medicines, and it is here that the "ounce of prevention" again comes to the fore as the best remedy in keeping in abeyance the silvery tell tales. No permanent color can be imparted to the hair by any outward application, and whatever claims are made to the contrary by venders of hair dyes are

quite valueless. The truth of this assertion cannot but be apparent, when a reasoner remembers that the natural coloring matter of the hair is enclosed within minute tubes overlaid by imperceptible scales, and that it is only by a physical process that it is thrown from the roots of the hair through these tubes. External applications therefore simply act as paints or dyes which cover only the portion of the blanched hair that is grown, and which must be continuously applied as the growth increases ; for as the roots send out the new growth, the latter will be as white as ever and must be painted or dyed to correspond with that which has been already colored. It is said that sulphur will invigorate deteriorating color and perhaps retard the change, or by absorption impart a darker hue to the fading pigment ; but that it or any other application will so rejuvenate a scalp that the latter will throw out a new growth of hair of the original color, or change the blanched ones upon it to their youthful hue is a theory that cannot be accepted without scruple, unless by the credulous whose faith usually exceeds their reasoning powers.

We do not advocate the use of promiscuous and patent dyes, simply because the color they produce is never normal, and is therefore conspicuous and incongruous ; while the evil results following the use of many of them are generally irremediable and frequently fatal. Most proprietary hair dyes contain sugar of lead and sulphur. Both ingredients do beyond doubt darken the hair, but the color they produce is dirty in appearance and the odor of the sulphur is anything but agreeable. The lead is a most poisonous ingredient though it does not act injuriously upon all scalps ; but cases are on record where

lead palsy, lead colic and fatal poisoning have resulted from hair dyes containing lead. That some people have used mixtures containing it for years without experiencing evil results is no proof of the harmlessness of a dye containing a poisonous ingredient; it simply proves that their systems are indifferent to its influences; while on the other hand evil results prove that a poisonous dye is injurious to a sensitive system, and it is reasonable to suppose that the number of indifferent and sensitive systems are equal in number.

The stains or dyes we shall *suggest* in this chapter are harmless in their nature and more or less lasting; some are mineral, some vegetable, and all have the recommendation of having been successfully used.

It is difficult to obtain a rich and permanent color or one that will disclose itself promptly upon application of the dye and not communicate itself to the skin. A standard dye is nitrate of silver which may or may not, according to the skill with which it is applied, produce a natural color. The writer has seen locks of raven blackness, strands of rusty brown and a "glory" of greenish and purple tints upon various heads that had been dyed with nitrate of silver, and withal the scalp was blackened by a careless application. A mordant or something to "set the color" must be used with the dye described. The following directions as to quantities and method are reliable :

To dye the hair a perfect black make a solution of

Nitrate of silver,	1½ drachms.
Distilled water,	2 ounces.

If a rich brown is desired dilute some of this solution

with an equal amount of distilled water; but for a light-brown use double the quantity of water. For a mordant to set the color take

Sulphuret of potassium,	. . .	3 drachms.
Liquor of potassa,	1½ drachms.
Distilled water,	2 ounces.
Oil of anise seed,	a few drops.

The hair must first be thoroughly washed with soap and water, or water in which there is a little ammonia to free it from grease and dust. It must then be dried and afterward moistened with the mordant *diluted by four or five times the same amount of water*. Then, after a few minutes have elapsed the nitrate of silver solution is rapidly and thoroughly applied with a tooth brush or a fine comb, but care must be observed else the solution will blacken the skin wherever it touches it. The person who applies it must have a steady and skillful hand. If the materials are all of good quality and the hand of the artist steady, this process, repeated about once each month will prove as satisfactory if not more so, than many of the other methods.

Another nitrate of silver dye to be used after the hair has been washed with ammonia is made as follows :

Nitrate of silver,	2 grains.
Water,	6 ounces.

In another vessel place a quarter of an ounce of powdered sulphur, or preferably, half an ounce of lump sulphur. Over the sulphur pour two ounces of rum, and when the sulphur is well mixed with it add the nitrate solution; then add three ounces more of the rum, and the

lotion will be ready for use. In applying it wear gloves as it will stain the nails, and use a tooth brush with short bristles, not wetting the brush too much.

An "instantaneous" dye is made as follows :

Crystallized nitrate of silver,	.	.	.	1 ounce.
Concentrated aqua ammonia,	.	.	.	1 ounce.
Gum arabic,	.	.	.	1 ounce.
Soft water,	.	.	.	6 ounces.

Dissolve the silver in the ammonia; then add the other ingredients and keep the mixture in the dark. Wash the hair to remove all grease and apply the dye in the usual manner.

Sulphur, as before intimated will strengthen the natural coloring matter of the hair to a certain extent, and if one does not care to use a dye but is desirous of retarding the coming of gray hair, a wash composed of

Bay rum,	4 ounces.
Sulphur (in small lumps),	1 ounce.

will be found a valuable lotion. Lump sulphur is better than powdered, since it is more cleanly, not forming any sediment or deposit upon the scalp.

While the dye given below is not especially recommendable, it is less harmful than most of the extensively advertised nostrums. It is made by boiling over a slow fire for half an hour, in a porcelain lined vessel,

Vinegar,	} Equal parts.
Lemon-juice,	
Litharge,	

When wet with this decoction the hair will soon turn to a beautiful black.

A dye recommended by the famous Lola Montez, and said to be as harmless as any composed of mineral ingredients is made as follows:

Gallic acid,	10 grains.
Acetic acid,	1 ounce.
Tincture of sesquichloride of iron,	1 ounce.

Dissolve the first ingredient in the third and then add the acetic acid. Soap and water must be used to first wash the hair after which the dye should be applied with a fine comb. After the hair is dry, oil and brush it.

A French dye, which is really more of a dressing, is perfectly harmless and is made as follows :

Set a bowl in boiling water and in it melt together four ounces of white wax and nine ounces of olive-oil. When the two are thoroughly blended, stir in two ounces of powdered burned cork. This forms a sort of pomade which must be spread on the hair and then well brushed in. It gives a lustrous, life-like blackness to the hair and changes the color instantly. It goes without saying that the hands and dress must be well protected during its application. If a brown tint is desired, the cork may be omitted and the oil colored by steeping in it for a week before mixing, an ounce of walnut bark tied in coarse close muslin.

Walnut stain is a very popular dye for the hair and is cleanly, but it must be constantly applied. It is made by slowly boiling an ounce of bark in a pint of water for an hour and then adding a lump of alum the size of a small hickory nut to set the color. Apply it with a sponge and wrap the head up well on retiring, as the moisture of the hair will stain the bed-linen.

Walnut dye may be more fastidiously prepared by using cologne water and steeping or soaking the bark in it for a week. Another method is to boil in a little water the hulls of green walnuts; or the extract of green walnut may be obtained with directions for using, at almost any drug store; and from this extract some chemists prepare a very efficient dye.

A vegetable dye is given below and is very simple to prepare and use.

Flowers of mullein,	½ ounce.
Genista,	½ ounce.

Steep or stew these in water till the latter is quite black, and when cold apply with a sponge.

It is a comparatively easy matter to dye the hair black from natural reasons. Sulphur is one of the main constituents of light hair and is constantly thrown off in a very weak form of sulphureted hydrogen. The action of this gas or any sulphureted compound on metals is well known; and therefore when the hair is wet with certain mineral solutions the hydrogen exhaled by the hair turns the latter black. It is in this way that the use of a lead comb darkens red hair. The comb leaves tiny invisible particles of lead upon the hair, and the sulphureted gas described turns them dark. The use of such a comb is strongly deprecated, since it may sooner or latter lead to lead poisoning, and even a constant use of it will result in no more than a superficial and temporary blackening. A paste of litharge which is protoxide of lead, will also lead to disastrous results and should not be used as a hair dye; though the stain including this ingredient, but just given, will not occasion injury if used

carefully and judiciously, since the acids combined with it prevent the absorption that oil or grease would promote.

A humble agent, but one to be depended upon as harmless and efficacious is the water in which potatoes have been boiled with their "jackets" on; or, raw potato parings may be boiled by themselves and the water strained and bottled for use. It is applied like most dyes with a fine comb until the hair is completely soaked. If when dry—and it must be thoroughly dried before being dressed—the color is not satisfactory go over the hair again with a sponge, and take especial care not to wet the skin surrounding the hair, else that too will take on the tint of the hair. The mordant for this dye is a seat in the sun in the open air, both dye and mordant thus being within reach of the most impecunious individual who gazes with regret and repugnance upon the shining messengers of Time that are gathering amid his locks.

Dyes should be used at least once a week, and she who begins their use must expect to become a slave to them. To guard a deception one must be watchful, and to be watchful in this respect means an alertness that must be constantly upheld by systematic and troublesome applications of that which was first made use of to cover the inevitable traces of Nature and Time. That the processes will prove too troublesome is the hope of the writer who does not believe that man or woman is improved by any change inharmonious with natural tints and colorings; and no dark dye ever gave a hue like Nature's own to any hair; and Nature's hues, so far as those of the complexion and hair of the average person

are concerned, are in each individual instance arranged with a view to mutual harmony.

Dye red or light hair black or brown and see how incongruous is the effect ! In bleaching or changing dark hair to the Titian or golden shades the effect is more pleasing but not always satisfactory ; and once a woman accomplishes the transformation she finds something woefully wrong, and that " something " is her complexion, which is out of tune with the new color of her hair, and then the complexion artist's aid must be called in to secure the necessary rhythm of tints.

Of the fashion of bleaching or turning the hair golden, much has been and can be said against its practice ; but nothing will prevent the woman who wishes and intends bleaching her hair from doing so ; and the woman who does not wish to needs no caution ; therefore beyond a general advising against it, no protest will be offered.

The desire for light or golden yellow hair has descended from remote ages, and will probably, to a greater or less extent according to the fickleness of fashion, continue for ages to come. In the days of Cato, Carthaginian belles and beaux found some method, now lost, of changing the raven of their locks to a shining yellow ; and when, during the Roman Empire the same dyeing mania did not prove sufficient, enterprising merchants of the ancient city bargained with and brought from distant German tribes their yellow locks for the adornment of Roman dandies. It has often been told how in the fifteenth century the brunette maidens of Spain and Italy dampened their jetty locks with muriatic acid and sat on the housetops, so that the action of the sun and the acid would give them the yellow tresses for which they endured all the discom-

forts the process entailed with no murmur of impatience. Don Quixote, Dante and Shakspeare all pay tribute to golden haired innamoratas; and it is recounted that at times wigs and false beards of fine golden thread were worn when the hair had not been bleached or changed to yellow. The ancient methods of producing golden hair are lost; but most of the modern liquids are adaptations of the Spanish plan in use three hundred years ago. Muriatic acid is the basis of nearly all of them; and arsenic in the form of orpiment or realgar is also found in many varieties, and either of these two forms of arsenic is a deadly poison. The washes including muriatic acid, contain the ingredients in about the proportion of twenty drops of the "official," diluted nitro-muriatic acid to an ounce of distilled water; a solution so weak would probably not irritate the average scalp, but it might a sensitive one; and though we do not advise the use of any dye or bleach, this one will be found less dangerous than those containing a salt of mercury, or lead or antimony.

Gray hair cannot be *dyed* golden nor can golden hair be turned to a Titian tint, since artificially yellow or reddish hair result from *bleaching dark hair*—not from dyeing it; and of course gray hair cannot be bleached nor light hair turned reddish; though red or auburn hair may be lightened in color by the use of washes and bleaching liquids.

The most popular and universally used bleach at the present time is peroxide of hydrogen, which is simply water strongly charged with oxygen. It is used by all of the professional hair dressers and is said to be perfectly harmless when used with judgment. If it were very strong and used every other day, it would soon blanch

the hair and cause it to fall ; but the solution sold for the hair especially, will not only lighten and brighten the hair, but will render it softer and dryer. In using the peroxide wash the head thoroughly in order to remove all grease or oil, and put a little carbonate of soda in the rinsing water. Then with a small tooth-brush wet the hair with the peroxide, for several successive days, using an ounce at a time, until it shows the tint desired ; and after this “touch it up” only as its growth compels ; for as the hair grows, that next the roots will be of a natural color, and if dark, will produce a very inartistic and unsightly result, unless constantly watched and brightened with the peroxide. The change in color, in using this bleach, is not instantaneous, but usually appears about the third day, consequently it must not be too liberally applied or the shade may be made too light.

Peroxide of hydrogen should be kept in a tightly corked bottle well wrapped in blue or brown paper—a bottle with a glass stopper is best—in a dark place, and in this way its freshness may be preserved for a long time. It should be very bright and sparkling in appearance ; otherwise the proper amount of hydrogen is lacking and failure will attend its application. Mrs. Anna Kingsford, an English lady who made matters of the toilet her chief study, claimed that peroxide of hydrogen, moderately used, not only improves the appearance of the hair, but also promotes its growth ; but as before intimated its excessive use will ruin the hair. Hair that is naturally fair or yellow may be kept so by occasionally washing it in water in which bi-carbonate of soda has been dissolved : say—half a tea-spoonful to a basin of water ; and it may also be rinsed in a similar solution. Should

it be greasy or oily, first wash it with pure Castile soap or use a little ammonia or borax in the water. Then wash it again with the bi-carbonate of soda as above suggested.

A wash said to be unequalled in bringing out the prettiest hues of light hair is made as follows :

Salts of tartar,	1 ounce.
Water,	1 quart.
Juice of three lemons.	

The chemical action of the lemon-juice upon the alkali changes the latter to an oil while it still holds its cleansing properties. Ladies with blond hair who have used this wash are warm in its praises.

Faded auburn hair may be revived in color by using the following wash :

Sulphate of iron,	1 drachm.
Claret or Greek wine,	6 ounces.

Crush and dissolve the iron in the wine and apply the wash repeatedly. Should any stray drops fall upon the skin, rub the spot with a slice of lemon and then bathe it in cold water.

In using a tooth-brush to apply any liquid or wash to the hair, it is a good plan to cut off the bristles half their length, since the brush will then render just as good service and be less liable to drop the wash on the skin or clothing. Pale golden and auburn hair varies in its color at different seasons of the year, some being dull and lifeless during the colder months and brighter and lighter throughout the summer. When such hair fades suddenly with no apparent cause, moisten it nightly with bay rum in which some lumps of rock sulphur have been placed.

As the constant, liberal use of ammonia will turn hair white, it is recommended as a bleach for yellow-gray hair—that is, hair that has turned to a yellowish white; or for completing a too slow transition from dark to gray hair, when the coming grayness cannot be checked. The “grizzly” stage is much disliked by many people, and washing such hair frequently in water made quite strong with ammonia—a table-spoonful of the latter to a basin of water—will hasten the change from a dark to a snowy hue.

When golden hair turns gray it often becomes quite dark at the roots, and so presents a variegated appearance that is neither pretty nor desirable. The difficulty may be lessened by washing the hair with ammonia or bi-carbonate of soda and then applying to the roots when the hair is quite dry, peroxide, 20 vol., and allowing it to dry without rubbing it in. One or two applications will brighten the growing hair and lighten its too bright ends so that a comparatively even tint will prevail, and the streaky look will have disappeared.

CURLING FLUIDS.

Curling fluids as a rule are quite harmless, which is more than can be said of curling tongs when handled by amateurs or those in ignorance of the injuries that may be inflicted by them. The Germans practice singeing the ends of the hair instead of clipping them, but just where the philosophy of the method comes in is not plain, since when the hair is scorched or burned by the curling tongs it is quickly discolored and ruined. It has been claimed that the singeing process sears the ends of the hairs and thus prevents the escape of the oily and coloring matters

contained in them; but other authorities recommend clipping the ends in order to facilitate the escape of these substances. Of the two methods the latter would seem the most reasonable, if the hair, like the rest of the system needs an outlet for effete or worn out matter, and it is the latter method which we recommend. Curling tongs, however, may be used without harm or detriment if only a little time and care are spent before they are applied to the hair. Always "try" them first on a piece of newspaper or brown paper, and when they no longer scorch it they may be applied to the hair. But the better plan is to wrap each lock to be curled in paper to protect it, or wind the curler itself with paper, and then no possible injury can result. A lady whose hair dresser always followed this plan asserts that at no time before or since was her hair so luxuriant or vigorous as when it was thus daily curled with a hot iron. In crimping the hair, use rubber crimping pins instead of iron ones which rust and cut the hair and make it rough and dull. A heavy rubber cord, bent in the form of a hair pin, makes a good and harmless crimper. In curling the front hair or bangs, each lock may be twisted in a little *papillotte*, or a bit of paper, and then pinched with a "pinching iron," which is made to press between its two hemispheres a little flat curl; or moistened with a curling fluid the paper may be twisted and pinned over the curl and left until the hair is dry. In fact, any method known to pretty girls and woman of "doing up" the bang may be successfully followed even during the most melting days of summer, if the locks are moistened with bandoline or curling fluid.

Here is a recipe for one which reads as if its staying

properties might be depended upon even under the most discouraging opposition of wind and weather. It is made as follows :

Borax,	1 ounce.
Gum Arabic,	1 drachm.
Hot water,	1 pint.
Spirits of camphor,	2 table-spoonfuls.

When the first three ingredients are dissolved add the camphor, and when the mixture is cold, bottle it for use. Moisten each lock before rolling it up.

A liquid that has stood the test of time is prepared by the method given below. Take

Bruised quince seeds,	.	.	.	1 table-spoonful.
Strained rain-water,	.	.	.	1 pint.

Boil gently until reduced to three gills, strain through muslin and add

Alcohol or brandy,	.		} Each 2 table-spoonfuls.
Cologne,	.	.	

A weak solution of isinglass makes a fairly good curling fluid; and three ounces of clean powdered gum arabic dissolved in half a pint of rose-water makes an excellent and brilliant curling fluid. One drop of aniline red will give the mixture a rosy color. A small quantity of alum is often added to the mixture to render it still stronger, but it will serve its purpose without this addition unless the hair is very obstinate.

Another curling mixture is made of a small portion of beeswax dissolved in an ounce of perfumed olive oil.

A bandoline to be used on the hair before rolling it on papers or curlers or applying the iron is made of

Gum-tragacanth,	½ ounce.
Rose-water,	1 pint.
Glycerine,	5 drops.

Mix and let it stand until the tragacanth is dissolved, which may require twenty-four hours. If it is too thick, add more rose-water and allow it to stand for some hours longer. When it is nearly as thin as glycerine it is of the proper consistency. When a curl moistened with it is undone and seems stiff or harsh, brush it over the finger or a curling stick, and it will at once soften to a natural appearance.

POMADES.

These unguents are no longer considered refined, and are seldom used. Still there are a few old-fashioned folk who keep up the customs of days gone by, and would not consider a toilet complete unless their locks were oiled and shining. Vaseline has come to be a substitute for the pomades of old, and, nicely perfumed, is perhaps more acceptable than greasier preparations. An old favorite is ox-marrow pomade, and the formula for making it is as follows :

Get a marrow bone, half a pint of castor oil and ten cents' worth of citronella. Remove the marrow from the bone, drop it in warm water and heat almost to boiling. Then let it cool and pour the water off. Repeat the process of heating twice more, using fresh water each time, when the marrow will be thoroughly "fined." Then beat it to a cream with a silver fork, add the oil drop by drop, constantly beating the mixture ; and when quite cold stir in the citronella and then put the pomade into little jars, well covered.

Those living in mountainous districts occasionally have opportunities of securing genuine bears' grease, which, when refined and scented, makes a pomade of renown; but the bears' grease or oil sold in drug stores remote from the frontier or mountain localities cannot be depended upon as genuine.

DEPILATORIES.

Perhaps no blemish causes as much anxiety and worry among most womankind as superfluous hair. And yet in some countries the little shadow it causes on the upper lip is considered a mark or rather an enhancement of beauty. In many cases it is a real affliction, and no one can blame the unfortunate sufferers from its presence for endeavoring to remove it; and though we recommend any method not likely to leave injuries worse than the affliction, we strongly advise against the use of depilatories whose ingredients are unknown and for the most part poisonous and caustic.

Arsenic, corrosive sublimate, quick lime, acids and caustics compose nearly every depilatory offered the public, and, besides being dangerous to use, rarely effect a permanent cure. A celebrated complexionist, who sells a depilatory of her own manufacture, being asked if it would remove superfluous hair replied: "Yes, but the hair will grow again and then the depilatory must be used again. No article can be made which will *kill* the roots without destroying the skin, and as long as the roots live, the hair, which is only burned or eaten off close to the skin, will grow again." This woman was honest in her answers and explanations, and her depilatory was made upon the same basis as all others; there-

fore the deduction is plain that unless the roots are removed or killed superfluous hair cannot be permanently removed. But temporary relief has its consolations, and so for the benefit of those who may be comforted by transitory results, we append a few comparatively harmless remedies; but utterly refuse to offer those of a notably dangerous character.

Among the mildest depilatories are parsley water, acaaci juice and ivy gum, which may be applied as lotions and then quickly washed off. It is said that hair may be prevented from growing by the use of nut oil, and that this oil and the juice of the milk thistle, mixed, will prevent the fuzzy growth along the edges of the forehead and the straggling hairs at the back of the neck. Clear ammonia may be used to bathe the part afflicted, but it is a painful remedy and must be immediately washed off; and this, or strong camphor, applied for a month will, it is said, cause the hair to fall out or die off. Muriatic acid, diluted and applied with a sable pencil will destroy the hairs and then strong camphor or ammonia will prevent a new growth as long as either is used. Moles having long hairs may be removed as directed in a previous chapter, and of course the hairs are destroyed at the same time. For a weak growth of superfluous hair, the spot may be treated with a paste of fine wood-ashes and water; and strong lotions of pearlash will also remove poor hair.

Tweezers—ivory, not metal, are the best—offer a heroic method of removing superfluous hair, but one not likely to prove any more popular than the process of applying for two or three minutes a certain kind of plaster, which at the expiration of the time named,

is given a quick jerk when the hairs come with it. This plaster is made of equal parts of galbanum and pitch and spread on a piece of thin leather; and it is said to bring tears and the roots along with the hairs when it is pulled off, and likewise the skin if allowed to remain on the latter more than three minutes. This is an ancient remedy in principle, since old-fashioned beauties used shoemakers wax in the same manner, to rid themselves of the obnoxious hairs. That there must be something in the procedure is evident, for modern chemistry has applied its resources to the manufacture of a similar remedy to be used in the same way, and with great success, since it performs its work *without any pain*. Though it is not manufactured in America this *psilothron*, as it is named, may possibly be obtained at druggists' or ordered by them. It comes in sticks like sealing wax and is made of "resin tempered with wax, with the addition of a strong anodyne." The end of the stick is softened by heat until it will stick to the hairs and not burn the skin. After a minute it is suddenly pulled away and brings the offending hairs with it.

In using tweezers, the spot may be rendered insensible to pain by the ether spray, cocaine or by holding a piece of ice firmly against it for a few seconds.

The hair upon the arms may be removed by bathing them in a hot solution of chloride of lime—two tablespoonfuls to a quart of water—for two minutes at a time, once daily. Immediately after, wash them in vinegar and water and rub them with almond or olive oil, to soften the skin, which is always left hard and dry by caustic applications. In using the chloride, stand in the open air or a doorway or window as its fumes are unpleasant

and poisonous. All caustic preparations eat away the skin almost as soon as they do the hair; and should the blood be impure a festering sore might result, and this is an extra reason for great caution in their use.

Oriental women wage particular war upon superfluous hair, and run great risks in the remedies they select. Their finest preparation is composed of arsenical iron pyrites and quicklime, whose proportions we omit purposely. Nor shall we add its substitute of the western hemisphere as it is equally dangerous; but as a compromise offer a recipe considered the safest of all chemical depilatories. It is made of

Sulphuret of calcium,	2 parts.
Quicklime,	1 part.

Powder each ingredient by itself and then unite the two and keep the mixture in a closely stoppered bottle. To use it, mix a little with water to form a paste, which spread on the part and allow it to remain until it smarts; then wash it off with soap and tepid water. The distinguished French surgeon, Dr. Cazenave, recommends one equally safe. It is an ointment made as follows:

Quicklime,	1 part.
Carbonate of soda,	2 parts.
Lard,	8 parts.

Neither specific is infallible and its effects on different skins will not unlikely vary. A temporary redness may result, but that is not a serious matter.

Our own Dr. Agnew prescribed the following when beauty came to him distressed by unwelcome growths of hair, but of its merits we have no personal knowledge.

Prepared chalk,	3 parts.
Sulphide of calcium,	1 part.

Add water and mix into a paste, and apply with a brush to the parts affected. When dry it may be rubbed off and the hair will come with it. After a time the growth will return and then the treatment must be repeated. The habit of clipping or shaving such growths upon the face should not be practiced, as it has precisely the same effect that shaving a beard has. The growth is stimulated and the hairs become coarse and therefore more noticeable. If the quantity of superfluous hair is but small or light, it is better to bear its presence with philosophical fortitude than to experiment with dangerous or stimulating remedies and thus cause the affliction to assume the shape of an ugly scar or a more pronounced growth.

Undoubtedly the safest remedy is to pluck out the hairs with the tweezers as before directed ; but if any are broken off, two or three will probably come in the place of each, and the second growth will be much coarser than the first. Of this method a physician says : “ Pluck the hairs out with a pair of pincers sold for that purpose, and then bathe the place with warm water, being careful not to use soap. Then a lotion, made in the following manner, should be applied : Beat four ounces of sweet almonds in a mortar, adding half an ounce of white sugar during the process ; pound the mixture to a paste, and then mingle with it, in small quantities at a time, eight ounces of rose-water. The emulsion should then be strained through a thin cloth. Place the liquid in a large bottle, and close it tightly. The part left unstrained should again be pounded in the mortar and should have

added to it half an ounce of sugar and eight ounces of rose-water. It should then be strained again, and the process should be gone through three times. Then to thirty-two ounces of the fluid add twenty drachms of of bi-chloride of mercury, and shake the mixture for five minutes. It should be applied with a soft cloth immediately after washing, and the skin should then be softly rubbed with a dry cloth until perfectly dry."

CHAPTER XXXII.

BEARDS.

WHILE ostensibly the suggestions contained in this book have been indited solely for that half of the race generally considered the more beautiful, they are in the main equally applicable to the other half, and have been offered, it must be confessed, with the secret hope that any interest they might arouse in the first half named might also be communicated to the second, and thus render the volume as helpful and acceptable to one as to the other.

The topic of the present chapter however, can scarcely be of mutual interest to the two divisions, except that individuals of the gentler sex may share the pride of their natural protectors, relative to a pleasing personal appearance of the latter, such as may be attained by a handsome, well kept beard or mustache, or both. Nature gave to man as an adornment and a protection, his beard : but she did not intend he should permit it to become an object of derision or criticism, as it possibly may, unless as carefully attended as his hair. Still a fault as serious as neglect is too much care of the beard. By the former a man may be judged as sloven, eccentric, careless ; while the latter may earn for him an unenviable cognomen descriptive of a certain mental condition which is supposed to result from a lack of brains. Still, choosing between the careless man and the one we will politely

term a dandy, one would hardly hesitate to elect the latter; for whatever may be his mental lacks, his natural instincts make him hygienic in his views so far as his toilet is concerned; and who does not hold in respect the man who makes a liberal use of soap and water a part of his social religion?

By his beard ye shall know him—the man of mind, the careless man, he who contributes no share to the living of the barber, the man of fashion and the eccentric individual classed as a crank. Many a handsome beard exists in the straggling, uncombed locks upon a man's chin; the man is careless or stubborn and goes about with a beard as shaggy and unkempt as the mane of a wild horse, but which with care and attention would become shapely, luxuriant and attractive. The man who follows every prevailing fashion at times presents a grotesque appearance, since the style of his beard often unknown to him, brings out a strong facial resemblance to some of the animal kingdom. In cultivating a beard a man should study the contour of his face as much as the woman who makes a success of her coiffure; and if he possesses a discriminating, artistic eye, he will never appear with his beard of a shape strongly antagonistic to his facial outline, or one which provokes a smile from its odd effect. Men criticise their own sex in these respects quite as severely as women do their own kind in matters of dress; and neither man nor woman has either admiration or respect for the man who cultivates peculiarities and appears with floating or curled ends to his beard, or who acquires an enormous growth of his mustache and then twists it into sharp, waxed points or shining rings. Such eccentricities stamp him as a fop or a dandy, and

withal a man of exceeding bad taste, unless he belongs to and is in a country where such fashions are the rule and not the exception.

An oval face is the generally accepted standard of perfection in either sex. A woman, by the arrangement of her hair may attain the effect even though her face is not oval; and a man may so cultivate his beard and dress his hair as also to present an oval outline from the forehead downward. If the face is round a beard upon the chin will lengthen its effect; if it is long and thin, then a beard at the sides will lend a rounded outline, just as dressing the hair high or low affects the outline of a woman's face.

A very bald man should not wear a full, heavy beard, on account of the ludicrous contrast which results; neither should the man upon whose face a thin or crooked or irregular growth comes, attempt to coax the straggling hairs to any length, since by no courtesy could the ragged collection be called a beard. In such cases it is far better to keep the chin and cheeks shorn and take the benefit of a doubt; for the apology for a beard, resulting from such a growth is an unsightly certainty that would much better be a matter of speculation with the observers. Regarding the mustache—that manly adornment admired of all women, provided it *grow* not upon their own lips—it may be, as generally considered, a thing of beauty, or as it occasionally is, an object of disgust. There are mustaches which are refined in proportions—and those which are vulgar in appearance and objectionable in many other ways; and one cannot help wishing that between the latter kind where the growth is so vigorous, and the puny affair that struggles so hard to wear the hon-

ors of a full fledged mustache, there had been a fairer distribution of vigor; for then all mustaches would have reached an average calling for no protest against an obnoxious growth nor sympathy for a weakly one. It is true, sympathy can do nothing for the dwarfed fledgling; but it is hoped that the protest against cultivating mustaches which offend the eye by their flaunting lengths will secure at least a few converts. The beard, as before intimated, should be as carefully cultivated as the hair; but the young man who wishes to establish his manliness by growing a luxuriant beard will do well to remember that most of the nostrums advertised for the purposes of invigorating the growth of the hair upon the face are quite as useless as those warranted to produce Nature's covering on bare and shining scalps. That there are tonics possessing commendable virtues is admitted; but as the hair follicles upon the face are not as numerous as those upon the scalp, it is not reasonable to suppose that the beard will become any thicker than Nature intended it to from the number of follicles she supplied, from the use of a lotion which *cannot* form new follicles, and will at best only increase the *length* of the hairs already starting from the skin. It is easy to understand that frequent shaving will cause the beard to thicken in appearance since it involves the principle of clipping or cutting the hair, by changing the first downy growth to a coarser one. A good authority on the subject says: "Undoubtedly the most efficacious stimulus known is frequent shaving, for several years after the beard begins to sprout. The earnest desire to sport a beard, so common to young men, usually leads them to neglect this; and the consequence is, they never obtain a vigorous

growth. Properly, until about the age of twenty-five, the razor should be unsparingly used. . . . Shaving is the *only* method which has any virtue in it by which we can increase the growth of the beard."

Unless a man has his own razors, brush and cup at his barber's, and can depend upon the latter's honesty in regard to their individual use, he would better learn to shave himself and thus be absolutely certain of immunity from any of the various diseases communicated by the indiscriminately used implements of the average barber. The beard is subject to dandruff, the same as the hair and the difficulty may be removed by similar treatment. Any of the processes recommended for clearing the head of dandruff will be available for bearded portions of the face affected by this difficulty. A thick beard should be brushed out every morning and then the following lotion may be applied to it with the result of keeping it clean and stimulating its roots.

Take

Borax (powdered),	1 tea-spoonful.
Rosemary water,	$\frac{1}{2}$ pint.

Mix, and keep it in a well-corked bottle for use as above directed.

The disease called by physicians *sycosis*, and more commonly known as barbers' itch or tetter, is very obstinate, as well as deceptive, for when apparently cured it will unexpectedly return. Like other kindred diseases, it is of a parasitic nature, and the attacks are made both upon the follicles and hairs. A red, itchy spot first appears, and soon after a few pimples are visible. The only cure for the disease, says the authority before

quoted, "is to pull out the hairs, and dress the part with some strong ointment destructive of parasitic life, as, for example, one that contains carbolic acid." As the disease is often mistaken for two similar ones—acne and impetigo—it does not occur with as great frequency as is generally supposed. Ordinary tetter or acne readily yields to applications of oil of turpentine, which is brushed on two or three times daily and allowed to remain. Or, the following prescription will be found quite efficacious, and also more agreeable. Take

Powdered borax,	. . .	1 dessert spoonful.
Glycerine,	1 tea-spoonful.
Oil of turpentine,	. . .	1 tea-spoonful.
Clean lard,	. . .	1 ounce.

Mix well, add any perfume desired, and then rub gently on the affected spots.

When these remedies fail, the sooner a physician is consulted the better, since the disease is stubborn, and the combat against it will of necessity require chemical knowledge and a fixed determination. Barbers' itch is communicated by either the razor or brush, and this fact should hold argumentative weight in favor of a man shaving himself or having his own shaving set at his barber's. The bald spots seen on the head sometimes appear on the bearded part of the face, and may be cured by the same methods suggested for the former.

Ringworm, a circular eruption appearing upon both the scalp and the face, may result from constitutional defects, scrofulous taints, unclean habits, gross eating, and occasionally from local irritation produced by an active growth of very vigorous hair. The disease should be taken in

hand at once and promptly checked, as its continuance leads to a destruction of the hair follicles, and therefore a permanent baldness of the affected spot. It is a noticeable fact that ringworm more frequently appears on people of light complexions than those of the brunette type, owing probably to the fact that a scrofulous taint is more often present among those of light complexions than those of the opposite type. An old-fashioned remedy for the cure of ringworm is to soak a large copper penny in a small quantity of vinegar, and then wash the spot with the liquor. As this cure was given for ringworm of the skin only, we cannot safely recommend it for the scalp or beard; but should ringworm attack either, we advise the immediate services of a physician in order to prevent baldness or disfiguration from the disease.

Yellow dock, either roots or leaves, steeped in vinegar, is said to form a certain cure for the worst cases of ringworm.

If a beard grows bristly or uneven, it should be carefully trimmed, and then it may be coaxed into the proper position by applications of any of the numerous pomades and cosmetics prepared and sold for the purpose. These preparations are usually of a harmless character, being composed of soap and wax, colored and perfumed.

Overcome the bad habit of absent-mindedly plucking, twisting and pulling the beard, and that of catching the hairs of the mustache between the lips and teeth; otherwise the beard and mustache will look ragged and untidy.

A good shaving mixture to use instead of the regular soap is made as follows: shave up half a pound of plain white soap, and dissolve it in as small a quantity of alcohol as possible, first melting it in a cup set in boiling

water; add a table-spoonful of powdered borax, and enough oil of bergamot to perfume it. A razor strop paste is made by wetting the strop with sweet oil, and then distributing a little flour of emery evenly over it.

Where a close shave produces a tenderness of the skin, an emollient, such as bay rum softened with glycerine or any of the softening lotions recommended in the previous chapters, will counteract the sensitiveness, and fine powder dusted on the face immediately after will assist in soothing the irritation. By some men both customs, especially the latter, are considered effeminate; but the wiser the man, the less will he deprecate any method which will render him more comfortable, even if he be obliged to poach upon the cosmetic preserves of femininity for the means.

In a previous portion of this volume, we entered a protest against dyeing the hair, though for the benefit of the few who *will* adopt the practice, a few recipes were given. These recipes may be used in dyeing the beard with equally satisfactory results; but with double the vigor with which the protest mentioned was urged, do we advise against dyeing either the beard or mustache, no matter how gray, or how disagreeable the natural color may be. Just why men and women should be so misguided upon the point of endeavoring to restore to Nature's hue—almost always with lamentable failures—their blanched or faded locks, will probably never be made plain; but why men are so much more deeply deluded with regard to the matter is something so fathomless none will ever reach it. While the hair may be dyed with a comparatively satisfactory result, no Anglo-Saxon whisker or mustache ever came into even remote contact with the

dye's stock without patently and disagreeably disclosing the fact to the most casual observer, and, be it said, leaving an unfavorable impression. The brown dyes produce a sickly tint upon the beard which so shames Nature that she refuses to permit it to harmonize with the complexion, no matter of what type; while the mustache touched with a darkening stain, shows a shading the reverse of natural, and so discloses to the pretty maiden and the older woman as well, that the hue is borrowed, and but poorly donned at that.

As the representative of her sex concerning the use of dyes by gentlemen, the writer most emphatically asserts that the custom is universally deprecated, disliked and ridiculed and is often made the basis of serious considerations. For instance, it is stated upon good authority that not so long ago a young lady of great intelligence and exceeding good sense refused a proposal of marriage from a man of equal mentality and great renown, because in a mistaken effort to improve his personal appearance he resorted to the use of hair dye. A mutual and interested acquaintance became the little bird who imparts so many secrets, and in a delicate manner conveyed a hint of the true state of affairs to the rejected suitor. Then the wooing began over again—of course after a time—and as the unnatural tint of the suitor's locks grew less and less distinct the probability of his ultimate success became more apparent; and convinced that the one vanity which had led her admirer into an offense against good taste had been vanquished, the lady made her lover happy by accepting his hand at last. Possibly her objection may seem trivial, but earnestly considered it is not; for no woman cares to have the man she loves and marries an

object of remark or ridicule ; and the man who makes a liberal use of hair dyes, especially those for the beard and mustache, renders himself conspicuous by an incongruity of colorings and also liable to misconstructions regarding his mental status. When Nature bestows an obnoxious color she produces helpless targets for rude and inconsiderate tongues ; but when a man does the same thing for himself, he forfeits all right to pity or consideration and renders himself ridiculous besides. These opinions may seem extreme but they are the voicings of the whole sex upon this one point ; and the man, who, to render himself acceptable in the eyes of his inamorata, or even the two sexes at large, dyes his beard as well as his hair not only utterly fails to do so, but he descends from his natural heights in her opinions and loses, though ever so little, his hold on her respect. If Nature has given you the foundation for a strong, beautiful beard, make the most of her gift and show your appreciation of it by bestowing upon it careful and sensible attention, leaving the permanent or changing hues in the hands of the giver. If she has been niggardly, keep the face smoothly shorn and thus, in considering your looks, be generous to her by concealing the paucity of the gift. Be sensible in the matter and do not make yourself conspicuous by any eccentric methods of cultivating a beard ; and if the latter shows erratic tendencies that cannot be overcome, cut it off in the flower of its youth, for its absence will be far more enhancing than its presence.

CHAPTER XXXIII.

PROPER CARE OF THE FEET.

PERHAPS no portions of the human anatomy are so much abused as the feet, and usually the pain and suffering located in these useful members are the penalties of pride. Nature forms every foot on a plan of her own and mankind seeks to improve its shape by clothing it in habiliments outlined upon an entirely different basis; and the result, while possibly temporarily satisfactory to the eye, is eventually productive of deformities, excrescences, sensitiveness and tenderness; and not the least because the last on the list, a direct connection between the tortured members and the most touchy portion of the temper. Sensibly considered, nothing of beauty is gained by wearing shoes that are short or too narrow. There is nothing of grace in the motion of a woman who hobbles along on exaggerated French heels which are built out under the insteps of shoes into which her feet are literally forced. Besides, if her foot is not naturally shapely thus shod it will soon communicate its ugly outlines to the short, tight shoe, upon which every ungainly curve of the foot is pressing so hard; while if it were clad in one tight over the instep but comfortably loose through the vamp, low in the heel and longer than the foot, the latter would not disclose its imperfections so distinctly, the walk would be more graceful, the wearer more comfortable and the shoe would much longer retain its original shape.

It is with pleasure that the gradual decadence of the French heel for street wear is chronicled, and the adoption of longer shoes is observed; for both changes herald a decrease of suffering and an increase of shapeliness. It is or has been difficult to convince the average woman that a long, slender foot is far prettier and more in accord with classical types such as artists and sculptors love to portray, than the chubby, semi-Chinese looking member which they fancy, vainly fancy, is the more attractive foot. Nor has it been an easier matter to persuade them that a greater appearance of slenderness is attained than is really natural to their feet by the wearing of shoes longer than they usually select but of a size that is one width narrower. Every woman of artistic taste loves to have a slender looking foot, and that many are being convinced of the above theory is evident from the increased number of apparently slender feet seen upon the street, and the advance in the sales of shoes a size or two longer than those sold for the past few years. A woman has only to try this experiment in the shop where she buys her shoes to become convinced that her foot is far prettier in a longer, narrower shoe than in the short, broad one she usually buys. For instance, if she has worn a shoe that is No. 3½ in length and C in width, let her ask the salesman to bring her a pair of her usual size and another pair No. 4 in length and A or B in width. Upon one foot put a shoe of the first pair and upon the other the longer shoe, which *must* fit tightly over the instep. Then let her judge for herself by all of the varieties of inspection a pretty woman adopts when she selects her boots, which of the two looks the better—the short, broad boot or the long, slender one. If she does not

decide in favor of the latter, it must be because she belongs to the class who think "a little foot" means a *short* one irrespective of its breadth, which sometimes almost equals its length. Such a foot is too Celestial in its outlines to please artistic eyes and tastes, and is too suggestive of "clumpiness" to ever be pretty.

A long shoe lessens many of the miseries produced by a short one and it need not necessarily be very long to affect such a change. It may have a pointed toe and a moderately high heel and be as shapely in outline as the daintiest short boot that ever was seen; but it will permit a grace of action and a comfort in that grace that will soothe an irritation of the toes and temper like magic, and at the same time present a more stylish, fashionable, refined look than the nattiest short shoe that ever was worn. It peeps from under the skirts with a sort of deception every woman will forgive when she learns that in her long, narrow boot her foot actually looks much smaller than it does in the one whose tips meet those of her toes, and whose vamps seem possessed of a desire to crush the dainty bones and flesh within them or disclose every defect they may possess. Besides, the tight-shoe wrinkle can always be seen upon the forehead of a woman, no matter how earnestly she strives to banish it, and wrinkles are the depredators of feminine beauty, the most dreaded and the least conquerable.

According to the shape of the foot the long shoe may be of the "common sense" or "Spanish arch" style. The selection must depend entirely upon the conformation of the instep of the foot and is a matter for personal decision. A ready-made common sense shoe will seldom comfortably fit a foot with a high, curved instep;

nor will a shoe made with a Spanish arch conform itself to a foot that is naturally low or flat through the instep. It would therefore be folly to assert that every one should wear the common sense shoe; for more than one woman whose foot is not adapted to the style has tried the experiment only to go about in misery instead of comfort. A common sense shoe, like all others *must* fit tightly through the instep and be neither too loose nor too tight in this or any other part of it. The most scientific Crispin of the metropolis, whose work cannot be imitated or excelled says: "If a foot is not tightly held at the instep by its shoe, the result will be too much friction over the toes, and then corns and tenderness and temperance attendance on the badly fitted boot." Of course, this "artist" allows the toes of his customers as much room as he denies their insteps; and it would seem therefore that the true principle of a comfortable, well fitting shoe is to have it long enough and wide enough, but as tight as possible from vamp to ankle; and the theory holds good regarding the foot gear of the sterner sex as well as that of the gentler. The frown of corns is as apparent on a manly brow as the tight-shoe wrinkle is above the dainty feminine nose, and both may be avoided with no sacrifice of fancied pedal beauty.

CORN AND BUNIONS.

That the first named affliction is constitutional in many cases is an opinion strengthened by the remark of a noted chiropodist who said: "Some people would have corns if they were to go barefooted all their lives." Possibly the statement may be a little extreme; but there are individuals who, when they were little children, wearing

easy shoes with "spring heels," cried with the pain resulting from corns that came no one knew how. They simply appeared and no change of shoe or method of treatment would remove the trouble. The writer has in mind a boy of three or four and a girl of ten years, both of whom from their infancy almost, have suffered greatly from this trouble, though their shoes could in no apparent way have caused it.

The diversity of opinion as to the cause of corns is wide, and in view of the many contradictory examples offered to prove that each presents the true foundation for this trouble, the wiser course for the writer to pursue will be to suggest possibilities both in the way of cause and cure. He who claims that corns come from shoes which are too loose has some grounds for his argument since the friction of a shoe that is too large may cause the trouble. Certain it is he will have more advocates of his theory among womankind than the man who affirms that corns result from shoes that are too tight, and in a way he is entitled to the majority; for if a shoe is very tight there is no chance for friction, and the latter is generally conceded to be the chief foundation for corns. Besides, who ever knew a woman who wore her shoes too tight! And, when Crispins disagree and each brings forward the proof of his theory, who shall decide the cause? Let him who can; and in the mean time let the sufferers look about them for a good Samaritan who shall bring them relief. In the advice as to the proper shape of a shoe is included our theory of the prevention and possible cure of corns. The tight shoe, which really does promote soft corns, and the very loose one which creates the friction likely to produce the hard variety, are both depre-

cated ; and the shape that fits the foot after the manner described as best, is advised as lessening the tendency to corns and increasing the probabilities of curing them. In addition to the advice a few remedies of more or less merit and reliability are offered.

If the sufferers from corns reside where they can secure the services of a reliable chiropodist, we recommend them to seek him at once, for two reasons : First, if he is at all skillful he will immediately relieve the difficulty, temporarily, and the patient may go forth with a firm and comfortable step instead of the halting, careful one with which she arrived. Besides, she will have gained an insight into the methods employed which will enable her to "treat" her corns herself and thus secure partial immunity from their tortures even though she be remotely situated. The procedure is painless and is what may be called bloodless surgery. A liquid is brushed over the corn which deadens it for the time being, and then with sharp instruments of shapes adapted to the requirements of the difficulty, each corn is skillfully pared and softened ; then it is "dressed" with a shield cut from chamois, buckskin or felt, and fastened on with strips of adhesive plaster, after which a medicated unguent is applied. The shield is shaped to the space it is to overlay and has a hole at the center so that the corn itself will not be covered ; and its main object is to keep the pressure of the shoe from the corn, thus giving the latter an opportunity of healing. When the unguent has been applied then a piece of adhesive plaster is placed over the hole in the shield to prevent the unguent from rubbing off. The relief afforded by this "treatment" is really very great, though of course when the shields and

plasters are removed, and the shoe has once more irritated the toes, the corns will become troublesome again. But regularly treated in this way they frequently disappear altogether. There are also corn and bunion plasters which may be obtained at drug stores, fashioned after the manner of the shields described but made of felt, which may be used in the same manner as the shields. Properly applied they remove pressure from corns and render their pangs less frequent and more endurable ; but some judgment in trimming and shaping them for the places they are to occupy will be necessary, otherwise they may increase the tortures going on within the shoe.

It is said that any hard corn may be cured by the following method: With a knife that is not too sharp, pare the corn as thin as possible, *being careful not to cause it to bleed*. Then touch it lightly with a nitrate of silver in stick. This, in two or three days' time, will form a callous crust over the surface, which remove with the knife and again apply the silver nitrate. Follow this procedure for a fortnight, protecting the corn from pressure, and a cure will most likely result.

A strong tincture of iodine brushed on corns will sometimes cure them, and another remedy is to rub them twice daily with pumice-stone. Acetic acid is another remedy which must be applied very carefully, so that none of the flesh surrounding the corn will be moistened by it. Rub it on the corn with a tooth-pick or a sharpened match.

In cutting corns the operator should be careful to follow the conformation of each. That is, as a corn is thickest at the center, it should not be pared *straight across*, but deeper at the center, or in a sort of concave or funnel shape. After simply paring a corn, its irritated

or inflamed condition may be soothed by soaking the foot in warm water in which there is a little tincture of arnica, bi-carbonate of soda, or a few drops of carbolic acid ; or, the pared surface may be anointed with carbolic salve, and the toe wrapped in tissue paper—a method which is often productive of great relief.

There are numerous caustic and acid preparations sold for the removal of corns, but they as often irritate the trouble as relieve it, and rarely effect a cure. The latter is difficult to obtain, since corns are excrescences of the fungus tribe, whose roots are rarely reached or destroyed.

A plaster said to relieve hard corns that are very painful, is made as follows :

Resin plaster,	1 ounce.
Muriate of ammonia,	2 drachms.
Powdered opium,	1 drachm.

Melt the resin, and stir in the other ingredients. Spread on a piece of kid or chamois and apply.

Soft corns, or “sweat” corns as they are frequently called, are more generally seen on a warm, moist foot than on a cool, dry one, and are usually located on the inside of a toe—that is, “between the toes.” To cure or relieve them, the cause must first be removed, as far as possible. Bathe the feet in drying, cooling lotions, and liberally sprinkle between the toes any fine, plain or carbolated powder. Any of the washes suggested for excessive perspiration or a moist skin will answer the purpose. A good wash is made of a pint of water, to which are added a table-spoonful of salt, a pinch of alum, and a few drops of arnica ; and a powder that is excellent consists of Fuller’s earth, in which is mixed a little tannin

and a small portion of bismuth. As soon as the little irritation or blister, which is the first symptom of a coming soft corn, appears, paint the spot with tincture of iodine, and put a tiny bit of cotton wool or lint over it or between the toes, changing it often. Glycerine and carbolic acid—half as much acid as glycerine—may be very carefully painted on hard corns; and a much weaker solution used for soft ones, with soothing and healing results.

A piece of lint dipped in powder, and placed between the toes, will often relieve soft corns; and it is also an excellent plan to wind the tips of the toes, between which there are corns, with soft, woolen yarn, to keep them apart, and thus avoid pressure; or keep them separated by bits of felt or chamois fastened on above the corns with adhesive plaster. The plan of relieving pressure is the method followed by chiropodists, who first pare soft corns, the same as the other variety, and then dress them with the shields and unguents. In this way the cause is partly removed, and the inflammation and tenderness overcome. Anything which will slightly separate the toes, and thus prevent pressure, will relieve soft corns.

A bunion is a species of enlarged corn, though it appears over the bony prominences of the foot—generally on the large toe joint. It is occasioned by excessive pressure, which may result from a double cause—a shoe that is too tight and too short, and a distortion of the great toe, which has resulted from previously wearing a shoe having the defects mentioned. The pressure of the shoe is increased by that arising from the distortion, and together they produce that most painful trouble—a bunion. If greatly inflamed or very tender, apply hot poultice.

tices, or paint the joint with iodine ; or apply an ointment made of

Iodine,	12 grains.
Spermaceti ointment,	$\frac{1}{4}$ ounce.

When the inflammation is reduced, or if none exists, try the "sandal cure," recommended by an English authority, who describes it as follows: "Procure a firm sole of cork, and make little notches at the inside and top. Place the foot on this with a small pad of wool between the large and next toe, and strap the foot to this sole firmly, passing the ribbon over the pad, and so that it is held in position by the notches. Cover the joint with plaster, well and lightly strapped on, and remove only as required. Increase the size of the pad daily, until the large toe is nearly straight, and by wearing this at night and part of the day the most obstinate joint may be put into place. One of the square-toed felt house slippers will quite conceal this arrangement. Have your boots made to measure by a good bootmaker, who will give you a well-shaped toe, but one side of the boot straight to prevent the large toe being turned in. He will also allow you a little room for the joint, and thus prevent its being noticeable. If you wear short or pointed shoes, which are not made to your feet, you will certainly make the outgrowing joint more perceptible ; and, in buying boots, be careful that the vamp seam crosses the foot well back of the large toe joint. A shoe that is very large, will cause a bunion as soon as a tight one if its shape is not adapted to the foot. Bunion plasters may be applied to a bunion to protect it from pressure and friction, and will afford great relief.

INGROWING NAILS.

When this affliction is genuine in its nature, it may prove troublesome to cure, as well as painful. Trim the nails lightly at the ailing corner, but fully at the opposite corner ; but if both corners are afflicted, clip them lightly, and then scrape the center of the nail very thin from tip to root. If adopted in time this method seldom fails to effect a cure ; but if it does not, the ailing nail should be treated by an able chiropodist.

The English authority just quoted, says of ingrowing nails :

“ The so-called ‘ingrowing’ toe-nail is usually nothing of the kind, and is due to a too tight or pointed boot, which presses the flesh over the nail, and makes the latter appear as if growing into the flesh, which seems hard and horny.

“ To cure this, first remove the pressure, and put lint between the toes. Bathe the affected toe in fresh lemon-juice, or rub a slice of cut lemon over it frequently, to detach the flesh from the nail, and if this flesh is very hard, endeavor to pare a little away without touching the sensitive parts. After bathing and paring, take three strips of common sticking plaster and fix round the top of the toe, carefully pulling back the flesh from the nail, and keeping it back with the plaster.

“ This treatment persevered with for ten days or a fortnight will gradually release the nail, which should not be cut or touched in any way, save with the lotion and plaster. Where the toes betray a tendency to press one against the other and take strange shapes, you may at

once check this by wearing a strip of plaster round each toe for a short time."

An American authority adds that if the toes of children show a tendency to overlap, they should be massaged in their natural directions each day, in order to correct the perverted growth, and prevent nail troubles.

CHILBLAINS.

These unpleasant reminders of contact with the cold are most usually located upon the feet, although occasionally the hands are similarly afflicted. Those who suffer from chilblains realize to the fullest extent the burning, stinging sensation that is kept up for months whenever the frosted members become warm or heated; and on the domestic list of remedies are found kerosene oil, the water in which potatoes have been boiled, strong brine, bran water and muriate of ammonia, and oil of turpentine; and occasionally each performs a wonderful cure.

A lotion said, however, to be far more efficacious than any of those just named, is made of

White Castile soap,	1 drachm.
A mild solution of ammonia,	2 drachms.
Tincture of cantharides,	2 ounces.

The parts must be kept moist with this lotion until a cure is effected.

A less troublesome remedy, and one very highly recommended, is to paint the frosted portions night and morning with equal parts of tincture of iodine and a solution of ammonia.

Whether the skin is broken or not, frequent plungings in hot water will relieve chilblains; or, they may be

rubbed with iodine ointment, or painted with the following solution :

Nitrate of silver,	30 grains.
Water,	1 ounce.

A good liniment to apply when the trouble first appears, is made of

Tincture of cantharides,	1 part.
Soap liniment,	1 part.
Spirits of camphor,	$\frac{1}{2}$ part.

Camphorated oil is a good remedy to rub on the frosted extremities of young children, or upon very tender chilblains. A lotion for ordinary use in cases of chilblains, is made of

Spirits of turpentine,	3 drachms.
Camphorated oil,	9 drachms.

Or, a stronger lotion may be made of the same ingredients, by using four drachms of the former and eight of the latter.

An English remedy consists of

Spirits of rosemary,	5 parts.
Spirits of turpentine,	1 part.

Another to use every two hours, immediately upon the appearance of the first indications, is composed of

One egg (well beaten),		
Vinegar,	$\frac{1}{4}$ pint.
Turpentine,	1 ounce.
Spirits of wine,	$\frac{1}{2}$ ounce.
Spirits of camphor,	1 ounce.

Mix thoroughly and keep closely bottled. Undoubtedly the best cure for chilblains is prevention; and a proper protection of the extremities by woolen or silk clothing—especially woolen—together with plenty of exercise to keep the blood in circulation, will obviate the necessity of calling into use any of the remedies we have suggested.

PEDAL HYGIENICS.

To the abuse of the feet by the manner in which they are shod must be added that of neglect. Cramped all day and part of the night in tight shoes and closely fitting hose, the feet are deprived of the benefits of ventilation and are also compelled to absorb much of their own excretion. This condition gives rise to many troubles both disagreeable and painful; and it is therefore emphatically urged that as far as possible the same care be bestowed upon the feet that is given to other portions of the person.

The feet should be washed night and morning as regularly as the hands; and by these ablutions is not meant the weekly soaking in hot water which so many deem the only attention necessary to keep their feet clean. At least twice a week on retiring, the feet should be soaked in hot water for ten or fifteen minutes and then thoroughly scrubbed with soap and a coarse wash rag or a stiff flesh brush, and the nails cleaned and brushed. Rough or calloused spots should be smoothed with a piece of toilet pumice-stone; and once weekly the nails should be cut, straight across each toe and not allowed to project beyond its tip, being careful not to cut them down at the sides too close to the quick. If there are thickened accumulations along the sides of the soles use

a piece of metal or anything with a thin but dull edge, to scrape away this deadened skin. If the feet are naturally dry, thoroughly rub into the soles some fine cream or oil and even sleep in stockings in order that the oil may be fully absorbed. But if the feet are usually moist, after washing them as described, rinse them in water in which there is a little alum, or vinegar, or ammonia or any astringent that is convenient, and then dust them with either of the powders previously mentioned in this chapter, especially between the toes. With a semi-weekly foot-bath of this kind, the other daily baths need be only of the kind given the hands, in tepid or cool water, with a little soap always applied to the soles. If feet become disagreeably noticeable from perspiration or other unfortunate causes, bathe them in hot water and ammonia and then douche them with cold water. Or, put twenty or thirty drops of carbolic acid in their bathing and rinsing waters and use carbolic soap; also use carbolated talc or powder after drying them. This powder may also be sprinkled in the shoes before putting them on, with good results.

The offensive odor arising from the feet of some individuals is not the result of uncleanness but comes from an actual disease which manifests its presence in this way only. In such unfortunate cases, anoint the soles of the feet for a few days with belladonna ointment, using it with caution and changing the boots and stockings which should be woolen, daily.

Another plan is to wear shoes sufficiently large to permit the use of thin insoles of felt. Of these insoles there should be several pairs and they should be steeped several times during the week in a solution composed of

twenty grains of permanganate of potash to an ounce of water, and then dried and inserted. Wash the feet morning and evening in cool water containing half an ounce of alum, and when they are thoroughly dry, anoint them with the following mixture :

Oxide of zinc ointment,	1 ounce.
Crystallized carbolic acid,	5 grains.

When the stockings are washed, wring them out of a solution of

Salicylic acid,	$\frac{1}{4}$ ounce.
Water,	1 $\frac{1}{2}$ pints.

Half an ounce of borax added to a pint and a-half of water also makes a good rinsing solution. Sometimes internal treatment is necessary in overcoming the trouble.

Boracic acid in the form of a powder may be dusted on the feet with quite satisfactory results in removing a disagreeable odor. If the feet perspire very freely bathe them every morning in salt and water to harden them, and always wear woolen stockings—thin merino in the summer and heavier ones in the winter, as cotton, silk or lisle thread hosiery will increase the difficulty. If the feet are tender bathe them daily in tepid water containing a little alum or tannin or a weak decoction of white oak bark or tincture of arnica and water ; and if much exercise is taken wear soft woolen or merino hosiery, which will prevent the formation of blisters or tender spots. It is also well to sprinkle the stockings on the inside along the sole with powdered starch or carbo-lated talc. Very sensitive or tender feet should never be

bathed without being afterward rinsed in or rubbed with any of the astringent or hardening washes suggested in this chapter, or in the one including remedies for excessive perspiration. As in the latter trouble, woolen or merino hose are best adapted to tender feet since they are much softer than either cotton, silk or lisle thread.

CHAPTER XXXIV.

HOW TO REDUCE OR ACQUIRE FLESH.

IT has been proven that in some instances obesity is a disease which requires not only a special diet but medicinal treatment. But more often it is the result of a constitutional tendency to *embonpoint*, or of too great an indulgence in rich food and drinks, too much sleep and too little exercise. Where it is an actual disease a physician should be consulted; if it is constitutional and not inconveniencing, "let well enough alone;" but if it interferes with the comfort of the individual independent of her health, let her follow the suggestions given those whose adipose tissue is the result of self-indulgence and a source of annoyance and mortification to them.

It is said that Falstaff sighed in vain for his too, too solid flesh to melt, and many another mortal has done the same; but as a rule the corpulent individual regards one means of causing his flesh to decrease—exercise—with a repugnance equal in strength to the protests he offers upon any attempt to limit the quantity of his food. Without a proper amount of exercise and some restraint in the matter of diet, the sufferer from obesity need expect no diminution of his or her sufferings. Drastic drugs, labeled as anti-fats will simply reduce the flesh of an individual temporarily and so weaken the system and lower the vitality as to often render him or her an invalid; and not infrequently is this invalidism attended

with fatal results. A home hygienic treatment of one's own case, if faithfully and patiently followed, should bring relief with no lessening of the strength; and when it does not, then it may be inferred that the difficulty is constitutional or is a regularly developed disease and that the individual would increase in avoirdupois even though he fasted.

Perhaps no better suggestions can be offered for the treatment of obesity than those contained in an article on the subject which recently appeared in one of the daily papers of the metropolis. Although it is descriptive of a system for reducing flesh, its principles are sound and include all of those generally applied in overcoming superabundant flesh. It says:

"A German physician of note has invented a system which reduces the flesh to any given weight, and that with a minimum of exercise and little or no change in the person's method of living. It is named after the inventor and is known as the Schweninger system. By it Bismarck's weight was reduced nearly one hundred pounds and his life saved. The ex-Chancellor was so pleased with the treatment that he made the doctor a professor in the University of Berlin, despite great opposition from the faculty."

The American practitioner of the system who was interviewed said:

"It is a fact that the rapid accumulation of fat is as much a disease as any ailment to which the human system is subject. To explain: We have recently heard from Chicago of a young man who has lately been taking on flesh at an alarming rate, although he has not eaten a single thing. How do those who favor the starvation

diet for the reduction of fat account for this? They simply cannot account for it unless they acknowledge that obesity is a disease and that it makes no difference what you eat or drink. The fat in the human body makes fat.

“The beauty of our method of treatment is its entire simplicity. In the first place, its simplicity is dependent upon a correct understanding of the principles involved in the treatment and a knowledge of the general health of the patient—more especially of the condition of the heart and liver. These organs, probably the most vital of all human organs, are more or less prone to disease in fat people, and the first step is to ascertain their exact condition. The importance of this may be imagined when you understand that the whole treatment, both as regards quantity, quality and proportion of food, must be regulated by the healthfulness or debility of these organs.

“The impossibility of finding two persons whose physical conditions are exactly alike is the principal reason why the system cannot, like others, be made one of self-practice or popular knowledge. This, of course, is true of other diseases, as well as obesity. As each individual case differs from every other the application of the treatment must change to suit the various aspects of the patient's condition. In some cases the use of sugar and rich foods is allowed in moderation, while in other cases it could not be permitted. We do not pretend to be able to tell you just what to eat, how much of it to eat and when it should be eaten. Such information could not possibly do any one any good and might do incalculable harm.

ONCE MADE LEAN, ALWAYS LEAN.

“The principal and greatest advantage of the Schweninger system is, that whatever change is brought about by it is permanent and lasting. There is no dieting in the sense in which the expression is used in other systems, and for this reason it lacks some of the seductive qualities which have made the Saulsbury system so popular in England. It is possible to reduce the weight very rapidly by right adherence to the rules prescribed by the Saulsbury method, but the patient will get back all the flesh he lost, and more, too, as soon as he abandons the starvation diet and begins to eat. There is very little to the system just mentioned. The daily routine which it prescribes is as follows: On rising in the morning the patient drinks a pint of water as hot as possible, and half an hour later eats a pound of beefsteak, chopped very fine and warmed over the fire so that the outside is warmed a very little and the inside is left quite raw. Some stale bread, but not much, goes with the beefsteak. At 2.30 o'clock he drinks another pint of hot water, and an hour later takes a pound of steak prepared as before. At 6.30 he swallows another pint of water, and after that takes nothing at all until the next morning.

“There are a score of other systems similar to this, but the trouble with them all is that the moment the patient relaxes his dieting and indulges his taste for the pleasures of the table, all the beneficial effects of the heroic self-denial are rendered worthless, and he takes on fat quicker than he left it off. The reason for this is that the diseased tendency to produce fat has not been eliminated from the system.

“Under the Schweninger system thin beef and mutton soups and chicken broth are allowed. All kinds of fish may be taken in such quantities and at such times as the patient desires. Great latitude is allowed in the matter of meats, which may consist of fat or lean beef, fat or lean mutton, chicken, and all kinds of game. The use of eggs is not restricted and in the matter of vegetables a great variety is allowed, such as squash, turnips, asparagus, cauliflower, onions, celery, cresses, spinach, white cabbage, tomatoes, radishes, lettuce and greens.

“In regard to bread and farinaceous food only six ounces are allowed per diem. These six ounces may consist of stale bread, toast or gluten biscuit. For dessert, good sound fruits are recommended, and the choice is allowed of grapes, oranges, cherries, berries or acid fruit of any kind.* Water may be drunk in moderation, and the use of malt and alcoholic drinks or wine is occasionally allowed. Tea and coffee with milk may also be used.

“According to the Schweninger system all watery things should be let alone as far as possible. Other articles of food which should be avoided are fat, thick soups, sauces and spices, hominy, oatmeal, macaroni, sweet potatoes, rice, beets, carrots, starches, parsnips, puddings, pies, cake, sweets and milk.

“It will be readily seen that the system is without any iron-bound rules, and as long as the patient remains in the hands of an intelligent practitioner there is not the slightest danger and very little discomfort. I have never known a person to submit to the treatment and not be benefited in health by it. The only medicine given in the treatment is a few drops of a liquid preparation to

be taken before meals, and this is not given in every case.

"In America the number of fat people is growing larger every year and the suffering endured by this usually good-natured class of people is tremendous. As a matter of fact, a great deal of this discomfort might be avoided if people would not drink such an inordinate quantity of ice water and could be made to understand that thirst does not lie in the stomach and that it is not satisfied by pouring down water by the glassful. Let the fat man take a glass of beer, lemonade or whatever he has been in the habit of drinking, and take it in a teaspoon. Before he will have finished half the glass, his thirst, no matter how great it may have been, will be satisfied, and he will turn away from the rest of the liquid in disgust. Thirst is located in the throat and not in the stomach, as so many people erroneously believe, and a half glass of ice water slowly sipped is better than a whole bucketful swallowed hastily. Violent exercise of mind and body should be avoided as well as a heavy diet. No fleshy person who values his comfort will eat pork or corned beef and cabbage on a sweltering day in summer.

"Fat makes its appearance about middle life, when exercise is distasteful and the appetite is indulged to excess. It rarely troubles the young or people of active habits. Many fat persons enjoy good health, and may be more disposed to submit to the inconvenience of carrying their adipose around with them, than resort to the use of nostrums and heart-breaking exercise to reduce it. But their inaction is apt to cost them dear."

The woman who observes in herself a tendency to becoming stout and, not unnaturally desires to prevent its

development, should adopt immediate and strict measures, by taking plenty of any of the exercises heretofore recommended in this book and regulating her diet according to the suggestions in the article just quoted. If she cannot give up all that gratifies her palate but produces flesh, let her moderate her consumption of such food and drink, exchange her soft and downy bed for a harder one and reduce her sleep by two or three hours daily.

If she will drink tea and coffee, leave out the sugar and cream and drink very little while eating. A better drink, if not used to excess, is lemonade, only slightly sweetened. This is especially good for summer use, as it cools and thins the blood and thus aids in disposing of superfluous flesh. A good lemonade is made as follows :

Lemons,	2
Tartaric acid,	$\frac{1}{4}$ ounce.
Lump sugar,	2 ounces.
Boiling water,	1 quart.

Cover closely and when cold drink without icing. Eat as much lean meat or poultry or game as the strength requires, but avoid fat or farinaceous foods of any description. Occasionally, once a week or every fortnight take a Turkish or vapor bath, and at least once daily exercise sufficiently to create a profuse perspiration.

The man or woman who hopes to profit by these suggestions, must not be erratic in their adoption, and vary his or her time in closely following them for a few days

at a time with interims of utter neglect. Nothing but a systematic course will be of any avail.

HOW TO ACQUIRE FLESH.

“Whatever can eat may be fattened,” says that witty Frenchman, Brillat Savarin; but a great deal depends upon what is eaten. It is a logical deduction that such foods as the fleshy must abstain from are the ones the lean should eat, provided, of course, the stomach offers no resistance to the diet, and a good authority upon fat producing foods for the lean offers the following suggestions :

“Eat a great deal of fresh bread and cultivate a liking for the crumb. If possible, have a cup of chocolate before rising. For your breakfast have eggs, poached or boiled, cutlets, chops or steak, a cup of coffee and some fruit; but do not neglect the eggs. At dinner have soup, meat and fish, according to your taste; but be sure to have rice, macaroni, potatoes, cauliflower, asparagus—indeed all vegetables. Avoid acids, although salads are good. Choose desserts that are sweet, especially those containing milk and eggs. Grapes are said to be fattening, and sugar undoubtedly is. Do not take cold baths, nor indulge in very violent exercise; sleep as much as possible and do not allow yourself to be exceedingly interested in anything that will cause you to worry. Physicians say that if this regimen is adhered to the thinnest woman unless she has some disease, will grow plump.”

The woman who wishes to round out her arms and limbs and cover the bones about her neck with layers of flesh, must particularly heed the warning concerning worry. As explained in a preceding chapter anything

which disturbs the mind will interrupt the digestive process, and unless that is properly accomplished, no nourishment will result. Haste also makes waste in more ways than one, and the woman who hurries through every detail of her daily life must expect to be "lean and hungry" looking as long as she lives. If worry is the direct outcome of excessive nervousness, then let a physician minister to the deranged system until all its strings are again in tune, and then the fattening process will go on rapidly. Cultivate an indifference to the little worries and thus husband strength to meet the greater ones which infest the lives of every one; for every expenditure of nervous force means antagonism to flesh-forming tendencies. Rest upon every possible occasion, and sleep as long and as late and as much as you can, for sleep is as valuable a factor in the accumulation of fat by the lean as it is an undesirable one in cases of obesity. If sleep is wary court it by exercise, or a drink of milk just before retiring; or if possible, eat plentifully of lettuce dressed without vinegar, but with oil. If the oil is objectionable, eat the salad as you would a radish, dipping it leaf by leaf in a little of salt. Or, before retiring drink half a pint of milk in which there is a table-spoonful of brandy, and in the morning repeat the draught. The brandy prevents the milk from turning acid and causes it to be easily digested.

Whatever is eaten must be well masticated, and to eat often is a privilege not only allowed lean people, but a practice advised, and five light meals daily are for them much better than the customary three. Take bread and soup or milk between breakfast and the mid-day meal, and some sweet drink and a bun or two at three or four

o'clock in the afternoon. If wine is taken, drink port or burgundy.

In exercising, be moderate. Do not walk too much nor too far, nor tire the system by arduous gymnastics or other violent exertion. A long ride is far more beneficial to the lean aspirant to plumpness than a short, active walk which tires her all out.

Eat plentifully of wholesome sweets such as light cakes or puddings, pure sugars or candies; but do not overtax the stomach in this direction. Eat the cake and pudding with your regular meals and the other sweets mentioned after them. Milk is very fattening and some authorities recommend drinking at least two quarts a day; but unless there is lime water or brandy or salt used with it, biliousness is apt to result. A table-spoonful of lime water to a goblet of milk is sufficient. Chocolate is a rich and nourishing drink for the lean and so is cocoa, either being better than coffee, and very much better than tea. Both contain a little oil of a very fattening nature.

In dressing salads, which without the acids are an excellent fattening food, use plenty of oil or melted butter and very little if any vinegar.

A good general principle to be observed in selecting a fattening diet is to remember that all foods containing flour, starch, sugar or fat are advised, and those of a watery, acid nature are deprecated. Such foods have received classification in the appendix to this volume, and their relative properties as producers of fat and muscle have been discussed therein. It simply remains for the lean to select such as are best suited to their needs, and, with the aid of the suggestions just given make themselves as plump and round as they may desire; for it is

really a matter within the hands of the systematic and persevering. Those who fluctuate between periods of short-lived efforts and total neglect need hope for no fleshy covering to their accentuated bones and angular frames.

CHAPTER XXXV.

PERFUMES AND SOAPS.

WHEN the breezes coquet with the flowers and now and then waft us an odor of rare sweetness which is gone ere we fairly realize its presence, we eagerly turn to inhale another of the perfumed waves. When the same flowers that freight the breezes are plucked and brought in to brighten our habitations, often their fragrance becomes sickening, perhaps overpowering. The same conditions occur in the use of artificial perfumes. Sparingly used they please the senses; but prodigality renders them disagreeable to many besides setting the seal of vulgarity on the user, and worse still, creating a possible doubt as to the occasion for so lavish a use of powerful perfume. Possibly this doubt dates its foundation back to the days when perfume was employed, in sacrifices, to counteract the offensive odors of burning flesh, for it embraces an implication that such concealment as perfume affords has been appointed as a substitute for actual cleanliness. And it is the full appreciation and realization of the possibilities of this doubt that has led to a complete revolution in the methods of applying perfumes. The woman of true refinement uses very little bottled scent upon her handkerchief—in fact so little that she may be said to use none, since the edict has gone forth to apply it anywhere except on the handkerchief. For this reason her wardrobe or closet has hung in it small

bags of lavender, or rose leaves; or those filled with cotton sprinkled with her favorite sachet powder, or ottar of rose or a strong extract of jasmine. These odors diffuse themselves among the folds of dresses and wraps, gowns and silken skirts, and when their wearer dons these garments, now and then one inhales from them a transient subtle fragrance, as fleeting as that which comes on the breeze. It may be violet, or rose, or jasmine or heliotrope or a blending of odors, but it is so faint, so sweet and so subtle that you know no drop of liquid perfume has moistened an article she wears or carries. In the glove and handkerchief boxes there rest tiny perfumed sachets, and in the drawers of the dressing case where lie dainty linen garments and pretty hosiery, you will find more sachets of the favorite perfume. In the draperies of dresses and to the linings of basques will be attached still other sachets; while even her boots will exhale the same delicate odor, the cunning shoemaker having put some of the sachet powder between the leather and the lining. In fact everywhere possible will be found a tiny sachet which has been perfumed with powder or some aromatic oil or favorite extract. All this savors of "prodigality" you say. It certainly *sounds* that way, but there is both a difference and a distinction in the word as applied to the two cases. With all the apparent prodigality of sachets and powders, the result—the desideratum—is not a tenth part as apparent as it would have been had but even a few drops of some "triple extract" been applied to the handkerchief. Besides, the result is ever intangible, bewilderingly pleasant; and who can say as much for the strong whiff of perfume which comes with the production of a scent saturated

handkerchief and fairly chokes you for the moment?

My lady is still more prodigal, for into her bath she pours a spoonful or two of some fragrant toilet water; or to the water in which she rinses her face she adds the same or some cologne or toilet vinegar; and when she has brought the blood to the surface of her skin by the use of the towel she sifts over her person a dainty deposit of violet toilet powder; and she rinses her mouth with some fragrant wash and in the water in which she rinses her hair after it has been shampooed she also drops cologne or violet water, and possibly dabs a little on her hair after it is dry. Thus she is perfumed from head to foot and yet so faintly you are scarcely conscious of it and utterly unable to tell with what or by what means. This kind of prodigality is refined and no one could call it otherwise, and we earnestly advise all our readers to at least try the plan. In the mean time we will offer a few recipes for the benefit of those who wish to be "prodigal" either way.

The first perfumes were rather crude in preparation, having been obtained by a combustion of aromatic wood and gums; and thus the name, which is of Latin derivation (*per fumum*) and means "from smoke," arose. Arabian women perfume their bodies by reclining over hot coals on which have been sprinkled myrrh and spices, thus retaining one of the original customs in the use of perfumes. Inunctions of odorous pomades composed of many fragrant ingredients formed a part of the toilet process of Mexican women; and the Roman bath mentioned in a previous chapter is the method by which the belle of the day renders her skin satiny and sweet.

COLOGNE WATER.

A very fine cologne may be made as follows :

Deodorized alcohol,	1 gallon.
Oil of lavender,	1 ounce.
Oil of orange,	1 ounce.
Oil of cedrat,	2 drachms.
Oil of neroli or orange flowers,	1 drachm.
Oil of rose,	1 drachm.
Ambergris,	1 drachm.

Mix these ingredients well and keep in some cool place for three weeks.

Another formula for a cheap cologne which will not smell like a cooking extract is made of

Spirits of wine,	1 pint.
Oil of bergamot,	1 drachm.
Oil of lavender.	1 drachm.
Oil of lemon,	1 drachm.
Oil of rose,	10 drops.
Oil of jasmine,	10 drops.
Essence of ambergris,	10 drops.

After thoroughly mixing these ingredients keep the mixture in a cool place for two months.

A third recipe for cologne is also considered "superior," and is composed of

Proof spirit,	1 pint.
Oil of lemon,	1 drachm.
Oil of bergamot,	1 drachm.
Oil of orange,	1 drachm.
Oil of lavender,	2 drachms.
Oil of rosemary,	1½ drachms.
Ottar of rose,	10 drops.
Essence of musk,	2 drachms.

Mix and shake three times a day for a week, when the cologne will be ready for use.

TOILET WATERS.

A refreshing, fragrant toilet water may be made as follows :

Extract of rose,	1 pint.
Extract of tuberose,	1 pint.
Extract of cassia,	$\frac{1}{2}$ pint.
Extract of jasmine,	4 ounces.
Tincture of civet,	3 ounces.

Mix the ingredients and filter through a funnel with filtering paper, blotting paper or fine cotton wool. A less quantity may be made by using one-half or one-fourth of the quantities given.

“Rose-water” enters largely into the composition of cosmetics and perfumes, and is also used for flavoring. The recipe here given is said to result in a mixture superior to the regularly distilled product for a perfume or for culinary purpose. Take twelve drops of ottar of rose and rub it into half an ounce of white sugar and two drachms of carbonate of magnesia. Then add gradually a quart of water and two ounces of proof spirit, and filter through paper.

To make “lavender water,” take

Spirits of wine,	1 pint.
Oil of lavender,	2 ounces.
Orris root,	$\frac{1}{2}$ ounce.

Keep the mixture two or three weeks and then strain it through two thicknesses of blotting paper. It will then be ready for use.

BAY RUM.

This popular mixture may be easily made and the maker will then be sure of its quality. It is very refreshing for the face after shaving, to shampoo the body with after a bath or to use as a tonic for the hair with other added ingredients.

French proof spirit,	1 gallon.
Extract of bay,	6 ounces.

Mix and color the liquid with caramel; or as the caramel is simply a coloring material with no medicinal qualities it may be omitted, and your "bay rum" will be quite as efficacious without it.

SACHET PERFUME.

A delightfully fragrant mixture to put into sachets is prepared as follows:

Lavender flowers,	1 ounce.
Pulverized orris,	2 drachms.
Bruised rosemary leaves,	$\frac{1}{2}$ ounce.
Musk,	5 grains.
Ottar of rose,	5 drops.

As all druggists keep a good assortment of sachet powders which are not expensive, we would not advise our readers to undertake to make them for themselves. Violet sachet powder is largely composed of powdered orris or Florentine iris and this alone put among the linen in the bureau drawers, will impart a faint, very sweet odor of violets.

Many people mix different sachet powders together and thus produce exquisite odors. For instance, helio-

trope and white rose is a popular combination ; violet and rose ; rose and musk ; jockey club and jasmine, and so on through the list, each lady selecting her own combination either from individual tastes or assisted by the suggestions of the druggist who learns many new combinations from his fair customers.

SOAPS.

That the use of soap is deleterious to the complexion is a theory long since supplanted by one of an opposite character. From time to time in this volume, the point has been argued and to reiterate the statements made would simply be a waste of time. Specialists who have made a study of the skin have learned that soap is as necessary to the cleanliness of the face as that of the person and that it is no more harmful to this portion of the epidermis than any other. A pertinent and sapient writer upon the subject of cosmetics says : " The first cosmetic is, after all, ordinary soap. The idea that the complexion is improved by *not* using this mild detergent is a delusion ; " and we perfectly agree with him.

The soap used in ancient Rome was a sort of paste—nearly liquid ; but in some period of the Middle Ages a citizen of Marseilles invented the hard lathering substance which has now become both a necessity and a luxury. But, in the use of soap for the face *none but the very best and finest* should be selected. The cheaper kinds are made up of inferior ingredients—rancid or filthy fats and strong alkalies, while the coloring matters employed are poisonous in nature. The green of " lettuce " soap is often produced by oxide of chrome ; rose color by cinnabar, and many of the reds by aniline colors.

Pure uncolored soap is either yellow or white and any other color results from the use of dyeing matter more or less harmful. Brown Windsor soap is colored by caramel or cacao, which is burnt sugar, and is therefore perfectly harmless ; and this latter is true also of the coloring used to produce the dark lines in Castile soap. Transparent soaps possess no advantage except in appearance over other kinds, and are made by dissolving very dry tallow-soap in alcohol.

Soaps that are perfumed by the natural odorous portions of plants are generally harmless in effect ; but the use of perfumed soaps however, is deprecated, for most of them are perfumed by artificial essences derived from petroleum and fusel oil, and not infrequently their effects upon a sensitive skin are acrid and unpleasant.

Pure toilet soaps should be prepared from clean, sweet tallow or oil by a strong solution of soda, and to render them harmless they should be completely free from an excess of alkali. Soap made by the "cold way" instead of the boiling process generally contains this undesirable excess ; and it is safe to conclude that when a soap is very cheap it holds within its components and their amalgamation, a certain power to do a world of harm and a very questionable one of cleansing, since it is itself a mass of corrosive impurity. Reliable manufacturers have placed upon the market from time to time pure, fine soaps and mankind has benefited thereby, but the multitude who think it economy to buy that which is cheapest, are lavish in their use of low-priced varieties and suffer in consequence ; and it is no doubt owing to the latter class that the prejudice against the use of soap for the face is largely due.

With regard to a universal soap—that is one which suits all skins and all people—only this can be said: The same medicine will not assimilate with all systems, the same food is not suited to all digestive organs, the same odor is not agreeable to all nostrils and the same soap, be it ever so pure, will not agree with all skins; for the skin has idiosyncratic tendencies the same as the system and the stomach. It is only by experiment that one can decide which is the best soap—not of all varieties—but the one best suited to an individual use; but in making the experiments choose only the kinds made by reliable manufacturers, and be wary of those that are either highly colored or strongly scented.

Plain white Castile soap, especially that made with oil, is perhaps as reliable and generally satisfactory as can be selected, since it may be used for the ordinary bath, for a shampoo for the hair and as a dentifrice.

Still, if a lady chooses, she may make her own toilet soap and she will then be assured of its purity and harmlessness when used upon the face.

GLYCERINE SOAP.

Those who are partial to glycerine as an emollient may make a toilet soap including it after the following method;

Pure fat,	5 ounces.
Spermaceti,	3 drachms.
Pure glycerine,	3 ounces.
Essence of verbenä,	2 ounces.

Put the ingredients into a saucepan, heat them gently,

stirring all the time, and when nearly cool shape the mass into balls.

By the same process may be made a fine

ALMOND SOAP.

The ingredients for this soap are

Sweet almonds,	2 ounces.
Bitter almonds,	2 ounces.
Finest lard,	3 ounces.
Oil of almonds,	1 ounce.

Add a few drops of bergamot, verbena, rose, violet, jasmine or any favorite perfume, either the oils or the essences.

ALMOND PASTE.

This is a sort of curd soap and is very fine. It is made of

Sweet almonds,	2 ounces.
Bitter almonds,	2 ounces.
Windsor soap,	1 ounce.
Oil of bergamot,	1 ounce.

This paste and the soap given below are both made by the process described for glycerine soap.

ROSE SOAP.

Finest lard,	5 ounces.
Sweet almonds,	2 ounces.
White wax,	1 ounce.
Essence of roses,	3 ounces.
Eau de Cologne,	3 ounces.

A toilet soap somewhat more suggestive of professional methods of making is prepared as follows : Take

Washing soda,	1 pound.
Lard or clear tallow,	1 pound.
Unslaked lime,	$\frac{1}{2}$ pound.
Salt,	1 table-spoonful.
Water,	3 quarts.

Put the soda and lime in a large dish and pour the water, boiling hot, over it, stirring the ingredients until they are dissolved. Let the mixture stand until it settles and then pour off the clear liquid and add the grease and salt. Boil four hours and pour into pans to cool. Should the mass seem inclined to curdle, thus indicating that the lime is too strong, pour in a little more water and boil it again. Then perfume it as desired and again pour it into molds or a shallow dish. When cold remove from the molds or cut the large cakes into bars.

Oatmeal, almond meal and even corn meal are all used in place of soap where the latter, no matter how fine, does not seem to agree with the skin, and are excellent substitutes as they not only clean the skin, but nourish it. We have hitherto advised the use of some unguent, cream or emollient after a soapy bath as a matter of nourishment for the skin, since the soap reduces temporarily the natural lubricating supply. In the meals mentioned, there is more or less gluten or oil and in the process of rubbing it on, the skin absorbs these lubricants and becomes stronger and smoother. Many people who also use soap rub these meals over their faces and hands just before rinsing them.

A celebrated paste made by the French perfumer, Bazin, is highly commended as a cosmetic, as it softens and whitens better than any soap known. It is made of

Powder of bitter almonds,	. . .	8 ounces.
Oil of bitter almonds,	. . .	12 ounces.
Perfumers' green soap,	. . .	8 ounces.
Spermaceti,	4 ounces.
Soap powder,	4 ounces.
Cinnabar,	2 drachms.
Essence of rose,	1 drachm.

Melt the green soap and spermaceti with the oil in a water bath, add the powder and then mix the whole of the ingredients in a marble mortar or an earthen dish. This paste is very highly extolled, and is not troublesome to make.

Nothing but pure white soap should be used for washing babies as their skins are very sensitive and tender, and incalculable harm might arise from the use of perfumed and colored soaps. Castile soap and rain or soft water have preserved in perfect softness and cured many a tender cuticle; while cheap soap and hard water have left heritages of roughness and chaps upon the faces and hands of a far greater number. If our girls and women, and our men as well, would bear these facts and suggestions in mind they would escape many of the ills of the skin brought about by ill assorted unions of impure soaps and alkaline waters. Good soap costs but a few cents more than poor, and water may be softened and despoiled of its irritating tendencies by being boiled; and there thus seems no excuse left for roughened hands and faces due to the causes mentioned.

CHAPTER XXXVI.

TRANSIENT BLEMISHES.

It has been deemed advisable to add to this volume a short chapter suggesting remedies for the temporary disfigurements arising from the ills and accidents of everyday life ; for it so happens at times that the pleasure of an evening is spoiled by the mishaps of the day, and especially when a lack of information prevents the use of simple remedies that are or should be found in every lady's toilet table collection.

During summer outings those enabled to thus enjoy themselves find their pleasure alloyed by the attacks of winged insects, and often by those of a class that shall be nameless. Mosquitoes and gnats seem tireless in their blood-thirsty ambitions and, in spite of veils and gloves, smudges and smoke and constant warfare on the part of the victim, repeat their attacks until rosy pleasure turns to a gray discontent. If prevention will not serve its reputed purpose, then the cure must be forthcoming.

BITES AND STINGS OF INSECTS.

A little pure ammonia rubbed upon the spot will neutralize the poison of a mosquito, gnat or other insect bite and generally prevent the incident swelling and inflammation. Tincture of arnica or hamamelis will also allay the irritation following such bites, and like the ammonia may be carried in the pocket in a tiny, well

HIVES OR NETTLE RASH.

This disagreeable affliction usually results from some derangement of the stomach which may be temporary and result from the eating of some particular kind of food. The digestion should be put in order, and any of the lotions suggested for prickly heat will be found soothing and refreshing.

A good lotion to use for the rashes mentioned is made of

Powdered borax,	$\frac{1}{2}$ ounce.
Pure glycerine,	1 ounce.
Camphor water,	1 quart.

Use it several times daily on the afflicted parts.

A wash of carbolic acid and water—a tea-spoonful of the acid to a large basin of water—will also allay the inflammation incident to hives.

CHAFING.

Wash the parts with Castile soap and water, adding to the latter or not, according to individual inclination, a few drops of carbolic acid. Then dry very gently with a soft towel and dust with carbolated powder or powdered starch, or violet baby powder.

When dress shields cause chafing and excoriation they should be covered with soft flannel or removed altogether and flannel or merino ones substituted.

TOOTHACHE.

Who that has ever suffered from this excruciating malady and knows of its capriciousness will censure us for including it in a list of blemishes? If a tooth would only

ache discreetly, beauty might go to the opera or ball conscious that no matter how badly she feels she is looking well. But when the sensitive, pain-shooting nerve concludes to let the whole world know its trouble, then beauty's face takes on new and unbecoming contours and must be hidden from public gaze until again reduced to its normal outlines. Upon the toilet table should be a well corked bottle of the following mixture prescribed by an ancient physician for aching teeth:

Alcohol (33 degrees),	1 ounce.
Camphor,	4 grains.
Opium (in powder),	20 grains.
Oil of cloves,	80 drops.

Apply, according to the condition of the tooth, upon cotton or by rubbing it on the gums.

A simpler remedy is to saturate a bit of cotton in a solution of ammonia and apply it to the defective tooth.

Another remedy is as follows: Powdered alum and fine salt, equal quantities. Moisten the finger, dip it in the mixture and apply to the gums; also put some into the tooth. Continue rubbing the gums for some time, and the ache is almost sure to disappear.

EARACHE.

Occasionally this painful affliction causes the face to swell. A simple remedy consists of a pinch of black pepper tied in a bit of cotton, dipped in sweet oil and inserted in the ear. If convenient tie a flannel bandage over the ear and head.

Equal parts of tincture of opium and glycerine mixed, form a good remedy. Drop two or three drops of the

liquid from a warm tea-spoon into the ear and close the latter tightly with cotton. Repeat every hour or two. Should the ear suppurate or discharge, syringe it with warm Castile soap-suds in which a very little carbolic acid has been mixed.

A domestic remedy for earache is the heart of a roasted onion applied hot to the opening of the ear and bandaged on.

BOILS.

To quickly reduce the swelling and inflammation of boils poultice with hot bread and milk, flaxseed or oatmeal; or apply linen cloths wet with water of an agreeable temperature to the patient, changing the cloth, frequently. The latter is said to be one of the best remedies known.

The thin skin on the inner side of an egg shell is also a good application for drawing out the inflammation.

TO PREVENT DISCOLORATIONS FROM BRUISES.

Bathe the bruise copiously in as hot water as can be borne. This will prevent congestion and the generally consequent "black and blue" marks.

TO PREVENT SCARS FROM BURNS OR SCALDS.

Anything which will exclude the air from a burn or scald and prevent inflammation should at once be applied to such a wound in order that no scar may result. The following applications are excellent :

Spread cotton batting with butter, vaseline or sweet oil and bind it on at once.

Flour thickly spread over a burn and bound on will prevent blisters and scars.

Baking soda applied dry or wet will afford instant relief, and so will the yolk of an egg beaten with linseed oil and applied with a feather. It is said, also that the white of an egg applied to a burn will at once allay the pain. This is undoubtedly true, as the mucilaginous substance of the egg forms a coating which thoroughly excludes the air ; and this, after all, is the secret of the successful healing of small burns and scalds.

CHAPTER XXXVII.

MY LADY'S TOILET TABLE.

WHEN a woman becomes a guardian of the heritage of beauty, or concludes to wrest it from Nature, she must make up her mind to give a large percentage of her spare time to the study and pursuit of the necessary tactics; for unless she be watchful, prudent, discriminating and systematic she must expect her inherited charms to prove most evanescent and those she covets to be beyond her reach. Nothing retains its perfection or improves in its quality without an expenditure of more or less care and attention; but by the excess of her enthusiasm the care-taker of valuable possessions may preserve her idols at the sacrifice of her health and strength.

It is to be hoped none of our readers will become so zealous in guarding or acquiring charms of person as to meet with such disastrous physical results; but as she who wears or wins the prize of beauty will of necessity be obliged to expend much time, she may as well be as comfortable as possible while doing so, and in being comfortable hoard her strength and thus prolong her beauty. The first step toward comfort is to arrange all the weapons of warfare against Time and ungenerous Nature where they may be reached with the least exertion and used with no unnecessary outlay of strength, and there can be no better place than on a toilet table or cabinet planned expressly for the purpose. This

article of furniture need not be in the least suggestive of a toilet bazar or a pharmacopœia, but may be as pretty and luxurious as ingenuity, taste and means will allow. Many an inventive maiden will, after reading this chapter, rummage in the garret or attic of some old-fashioned house and there find an antique desk or table, or possibly some ancient bureau which she will force into service by applying our suggestions to its conformation with the happy result of furnishing a cosy nook in her bedchamber where she may study her face and figure and apply remedies for defects or tonics to sustain existing charms, with no drain upon her strength, no tiring of her whole system.

If our maiden is not fortunate in her search among the relics of bygone days, or her purse will not permit her to order what she wants from the cabinet-maker, let her get into the good graces of an ingenious brother or other male relative, or call upon the man who comes in to do "odd jobs" if he is handy with the saw, nails and hammer: or, failing in this get a carpenter and explain to him exactly what she wants and let him make the foundation of the table from plain, well seasoned boards. Let the table be planned thus: Have a wide flat board for the top—as wide and long as you desire it. The top of a plain bureau will be a good guide as to proportions. Set the top upon upright boards at its ends, and have two or three shelves added underneath it. Cover the top board with canton flannel, such as is used under table linen, and then upholster or drape the table with cretonne of some pretty shade in harmony with the rest of the furniture in your room, arranging the curtain portion so that it will separate at the center, thus placing within easy and convenient reach any of the jars or implements you may wish to put

out of sight upon the shelves behind it. Let the carpenter add a back to your table when he is making the foundation, and on it fasten little fancy shelves or brackets and leave a space for an oblong or diamond shaped mirror at the center. With the enamel paint that comes in little jars or pots you can stain this back to match the color of the cretonne ; or, if you prefer it you may cover it to match the rest of the table, and the mirror may also be decorated in any pleasing way. From the center of the back run up a strong wire shaped in a circle high over the top of the table and from this circle or ring suspend curtains of the cretonne, draping them at each side in a festoon. Select a place in your room for your table where you will get the benefit of a good light at both sides of it ; for light is necessary to a thorough inspection of your facial defects and also to a proper application of remedies and cosmetics. Now upon this table must repose many of the liquids and appliances previously mentioned. Avoid patent compounds and use nothing with whose ingredients you have not made an acquaintance. And, it will not be necessary for you to put all of your lotions, liquids and emollients into commonplace bottles, for in china shops are found such pretty and quaint specimens at such low prices, that it will be a woman's own fault if the toilet table does not conceal its real purpose by having upon it dainty jugs and decanters, pitchers and urns, to hold its arms of war. Said a lady whose toilet table holds the most exquisite wares :

"I can't bear to have anything common about my rooms. The money other people spend on second rate bric-à-brac and personal ornaments I spend on this altar

to vanity. Instead of hideous nondescript gatherings of china, Hungarian, Doulton, Swiss and grotesque faience, I choose very few things of the best design and coloring possible for their places. Those pieces are Baltimore porcelain, the most delicately artistic in America, and those are Cincinnati, the best, you know, and worth all they cost. That little turquoise studded flask was sent from Mexico, that cut-glass vase with strings of pink and yellow pearls is home manufacture, of brook pearls from New England. That tourmaline stopper is from Maine. The work is by clever people all over the country, for every village almost nowadays has somebody who does nice things in out of the way work. That carved pearl box is by a soldier on the plains. As to what is in them you shall know after a while. You will find the whole battery necessary to keep Time at bay and defeat niggardly Nature in the cabinet bottles."

This fair lady made no pretense of using all of the unguents and preparations she fancied possessing. She was able to gratify her fancy of putting her *bric-à-brac* to such a use and the idea was a bright and pretty one. Still if one cannot have both china and cosmetics, the latter will keep just as well in democratic bottles, which, by the way, may lose a little of their commonplace look by having glass stopples and a bit of decoration in the way of ribbon, silk casings, hand-painting, etc., etc.

A word of advice regarding the actual use of this table. Do not, if you have space enough in your sleeping apartment, place upon it any of the paraphernalia of the dressing table. A confusion of accessories leads to an imperfect result in either case.

Upon the shelves beneath the table keep your large

jars and boxes, and above all be sure to have a spirit lamp or a tiny gas stove for the hot water which you must daily use, either for ordinary ablutions or facial steam baths, or for the occasional hot drinks necessary to good health. Here may also be kept the pretty bowl in which eggs may be beaten for embrocations, shampoos and masks. Upon the top of the table have your hand glass, a comb and brush, and a pretty box in which may be kept the implements for manicuring the nails, and the dainty means for darkening the brows and lashes. Back of these set a large bottle of rose-water, one of pure glycerine, one of cologne and another of toilet water. Add to the collection smaller bottles containing tincture of benzoin, ammonia, camphor and bay rum; and in jars or wide-mouthed bottles that may safely rest upon the small shelves keep borax, bicarbonate of soda, powdered starch, powdered orris and powdered alum and charcoal. Upon the lower shelves in the large jars have plenty of oatmeal, almond meal or corn meal and common salt, and a smaller jar of grated or powdered Castile soap, which latter is a good dentifrice; and also, in connection with either of the meals, a little of it may be tied in a tiny bag to throw into the bath as suggested in another portion of the book. The curtain of these lower shelves may hide the curling tongs and the vessel over which you steam your face to clear your complexion of black-heads; and here will also be the best place to stow away poisonous though healthful compounds, such as carbolic acid either in solution or crystals.

Now, as we advise sitting as much as possible throughout the processes of the toilet, select a chair which will permit you to use the accessories necessary as con-

veniently as though standing. Possibly its legs may have to be sawed off a little or raised upon blocks to obtain the proper height; and when this is done make this throne from which you command your forces as ornate as you please. Seated upon it before your table, your hair may be dressed with none of the strain standing entails; your lips, nostrils and ear-tips may be daintily touched with the crimson which must be bold or tender according to its location, leaving the mouth like a rose-bud, the ears like the heart of a sea-shell and the nostrils of a delicate pink. Then if a rose *must* be painted on the cheek, lay it there with a cunning and skilful touch or else discard it altogether. High up on the cheeks it lengthens the effect of a face; spread out towards the ears it gives a semblance of fulness; laid on farther forward it takes away from the broadness of a face; and applied all over the cheek with no shading and mellowing of the tint, it vulgarizes the prettiest face in the world.

The faint liquid bloom that is applied with a brush and is productive of a dainty flush, is all the coloring the average woman needs for her face, and if she adds it deftly she may be forgiven her indulgence; but be sure to bear in mind that while the sterner sex are quick to observe, criticise and comment in any thing but a pleasing way upon the inartistic and lavish application of cosmetics, your own sex are the keener as well as the more treacherous observers of the two, and it is therefore well that you should linger long at your shrine to vanity in the study of an artistic make up, if you would be rendered happy either by the reflections of your mirror or your sex, or the complete delusion of the other sex as to the naturalness of your facial charms. Make a map of your daily time

and see how much of it you can devote to your personal improvement, and when you have decided, formulate your order of exercises according to your time, and then let them be as much a part of your every-day existence as any of your other habits. You cannot accomplish wonders nor even fair results without the watchwords which have been harped upon throughout this volume. Thorough "grooming" is as necessary to the refined personal appearance of a woman as it is to the sleek, satiny look of a race horse; and woman quickly shows the effects of attention or neglect in this respect. Well groomed, she looks as fine in gingham as in velvet; ungroomed, she looks unrefined though her raiment be richer than that of the Queen of Sheba.

"My lady's toilet table" has been planned to help capricious woman to become systematic in her attacks upon Time and Nature. With all her forces at hand she need make or have no excuse for neglect. If she has not the "full two hours out of every twenty-four" which a writer upon the subject says it is absolutely necessary for every woman who expects to even slightly enhance her appearance to "spend at this shrine," she must crowd as many of the essentials as possible into the time she has to spare and be satisfied with moderate results.

CHAPTER XXXVIII.

DRESS: COLORS, TEXTURES AND DEVICES.

SAID a popular lecturer upon the artistic education of women in matters of dress: "The great mistake made by all womankind of the Anglo-Saxon races in selecting colors for their costumes is that they do so upon the basis that their skins are white. Now there are no skins that are white. White has no admixture of tints, and in the coloring pigments of the skin you will find yellow and red and brown and green, and of course a little white, all blended to produce the lighter and darker effects that make up light and dark complexions. The proportions of these pigments vary in different individuals, so that blondes will show as many shades in their complexions as brunettes. And this is why we see so many women dressed in unbecoming colors. The blonde says, 'I am white and can wear any of the delicate tints,' while the brunette selects what pleases her most from any of the deep or rich shades especially devoted to her type. But the blonde who may have a large proportion of yellow in the pigment of her skin may not be aware of it until she buys a pale-blue gown, and then she wonders what makes her 'look such a dreadful color' in it. She fancies it is because she is not well and proceeds to dose herself with liver medicine or some tonic. She puts on a dress that is not blue and lo! her complexion is as fair as ever. The blue dress brought out all the yellow of her skin—a tint she did

not suspect it of possessing. The brunette puts on a costume of deep red and wonders why her complexion looks dull and mottled instead of clear as it usually does. Well the red of the dress has killed the fainter red of the skin—that is all. Had she been perfectly pale she would have looked ghastly in this gown; but if the red coloring of the skin had been assertive and that of the gown deprecativè she would have formed an agreeable picture to her own and all other eyes. These are only illustrations to show that a woman because she is blonde or brunette cannot, without studying her own individual complexion, select haphazard the tints and colors custom has irrespectively assigned these two types.” Then this gifted woman, who is the wife of an artist and an educationist in artistic coloring, made the very startling remark that “the sooner we give up considering ourselves white women and dress according to the requirements of the various pigments composing our complexions, the sooner will we arrive at harmonious and effective results considered from an artistic standpoint.” The theory is novel, but if one becomes an observer following its propounding, its truth will become apparent. The writer thought so not long since on seeing a young lady with dark hair and brown eyes and a murky, sallow-looking skin dressed in a pea-green gown striped with white. Had her skin suggested the wild rose instead of saffron, she would have made a picture, for the eyes were bright, the features bonny and her hair silken. With her was a demi-blonde who would have been lovely in deep-blue and white, charming in red-brown and green, dull in tan-color and hideous in bright-red, and yet every one of these colors belong to her type, which is supposed to be “able to wear any color.”

The same educator says no woman should wear black after she is thirty and before she is fifty; but the writer cannot agree with her there, since observation has proved to her that there are many exceptions to this rule where black by contrast brings out a complexion that would be wholly wanting if set in any other color. The lecturer's idea is that "a woman should wear a gown of a shade or color which cannot be named but which should be a blending of tints resulting in one harmonious with those of the complexion and less bright; for if the color of the dress is the brighter, the complexion looks dingy by contrast; and *vice versa*, if the tone of the dress is lower than that of the complexion, the latter will show all of its beauties."

It will be seen, therefore, that in the matter of dress color must be a separate consideration based upon a foundation and theory which may be unknown to the multitude and understood by few. A general rule may help the average woman select becoming colors: Buy a gown of no color that you cannot first experiment with by placing plenty of it about your shoulders and bust and consider the effect before your own mirror. No matter how pretty the color, if it makes your complexion look less clear, do not buy the fabric, for your gown will never please you. A woman may not have the opportunity of trying the effect of the particular fabric she has in view, but she is usually ingenious enough to find the means to the end and in her own wardrobe or among the costumes of her friends will discover something nearly enough like what she wants to try the experiment before the mirror. Failing in this, let her at the store lay a fold of the coveted fabric over her bare hand or wrist—provided of

course their skin is not tanned or chapped, but is as fair as her face. A glance will tell her whether her skin is improved or dulled by the contrast, or if it looks indifferent.

The hair and eyes should also be considered in the selection of fabrics to avoid as far as possible any monotony of effect, such as one often sees in a blonde with ash-colored hair, grayish eyes and a dress to match; or the ruddier blondes with yellow hair, pale-hazel eyes and a gown of the latter tint. Dark hair and eyes and a dark or light costume result effectively, as the complexion comes in to form the relief necessary; and while a blonde may attractively costume herself in dark clothing, she may do it in just the way to produce a bizarre effect—something always to be avoided. The yellow-haired, pink-tinted maiden in soft gray shades is a pretty picture; but the yellow-haired woman or she whose hair is of a darker shade, and whose skin reflects the daffodil instead of the rose, should beware of the pale grays which ever look so charmingly upon the woman whose hair is dark and whose skin shows the colorings of the rose and the lily. The tan shades are as indiscriminately worn as the gray tints, but with a more universally becoming effect. Still, let them be chosen with care. Their shades are legion, and one of them must suit the purchaser, where perhaps all others will fail in being becoming.

Again quoting the ideas of the lecturer mentioned: "White is best suited to youth and silver-haired old age. Women between these periods should be judicious in wearing it. We all know how a soft, mellow white brings out the richness of brown and red and orange and all of the colorings found in the pigments of the skin; and how pure white makes the face of a child look like a rose-bud.

Nature, in rendering harmonious all the changes of increasing years, begins to turn the locks to a silvery white, thus showing that the best framing for an aging face is white. Should we not take this hint, and, as we grow older and silvery haired, put on lighter tints and white as suitable and becoming? And if the hair is yellow instead of silver-white, choose the deep cream-whites—as deep as or deeper than the shade of the hair, in order that the latter may not look dingy by contrast.”

As to textures and devices, but little heed will follow any advice opposing Fashion's decrees. Gowns and draperies that rustle or are stiff in their lines, are inartistic, no matter how stylish they may be pronounced. Soft, fine woollen textures, or heavy silks that are as soft as woollens form the gowns artists consider womanly and artistic, since they noiselessly yield to every movement of the wearer, and, provided they are not worn over that abomination—a starched petticoat—, cling gracefully to her figure. “Rattley” silks, stiff mohairs or any fabrics that evince obstinate tendencies in the draper's hands would better be left on the counters, unless they are to be made up in perfectly straight lines. In that event mohairs and other wiry fabrics may be chosen. What with Surah and China silks, camel's-hairs, cashmeres, Henrietta cloths, nun's-veilings, grenadines, soft-finished wash cottons and silks, no woman need array herself in noisy garments. If you choose a gown that must be laundered, and you *must* have just a little stiffening, use only the least bit of starch or gum arabic in the rinsing water. If your laundress, in spite of your instructions, brings such gowns home starched so that they will stand alone, send them back to her again and again

until she returns them in the proper soft condition. A stiffly starched gown wrinkles far more quickly than a soft-finished one and is far more uncomfortable, to say nothing of its inartistic appearance.

The old suggestions concerning stripes and figures are too familiar to need more than passing mention. Stripes are not artistic, neither are they suited to all figures. To the small, slender woman they give an appearance of greater height and still more slenderness. To the short woman who is stout, their effect is the opposite, for her natural breadth is accentuated by the number of stripes required to cover the expanse, and then by an involuntary calculation she seems as broad as she is long. The tall, slender woman, of course, will from an excess of length in the stripes as compared with her own breadth, seem taller and thinner than she actually is; while the tall, stout woman in stripes comes under the same criticism as the short, broad woman. A Juno or a Venus in proportions may accentuate her beauties of person by the wearing of longitudinal stripes, but how many women of this type do we see, compared with the great multitude of those with proportions either commonplace or grotesque?

Plaids also have rules of their own which womankind have little respect for, if one must judge from observation. Said a salesman in the largest store in the metropolis to a lady who was hesitating between a plaid, a stripe and a fabric of an unpronounced effect: "Madam, the plaid and the stripe are equally fashionable, but it takes an artist to make up either into a becomingly stylish dress; if your dressmaker does not answer to this description let me advise you to take the plain goods, for even the ordinary dressmaker will be able to produce a stylish gown from that."

When plaids are made up bias of the fabric, they lose their angularity of effect and become fairly graceful, and, arranged in this way, they lessen the breadth of a figure and give it more roundness—an advantage whether the person be stout or thin. Stripes that are bias in effect or diagonally arranged are never pretty and add length to a tall figure, while they fully expose defective proportions.

Regarding the use of figured goods some of the hints may seem paradoxical. For instance a small woman should not wear a gown having a moderately large figure upon its fabric: it should be very large or very small, for in this way any unpleasant *effect* of a large design is lost, and the very large figure does not seem to be a design at all but simply an intention of the manufacturer to have a single figure decorate each sleeve, each side of the front of the dress, the center of the back, etc., etc. But the smaller large pattern distributes itself disconnectedly throughout the small costume, and the little woman looks as if she were covered with the design instead of the fabric. The large woman may wear large patterns or small; but the very large patterns will not suit her figure as well as they will that of the smaller woman.

All these theories are based upon good reasoning; but as they will not appeal to manufacturers, who cater to all tastes irrespective of individual considerations, and women must accept the productions of their looms and do the best they can in endeavoring to dress artistically, we cannot reasonably expect to revolutionize the principles of dress. We can only hope to point out the way whereby the woman who gives thought to the subject may in her own case improve the tone of her dress in the selection of a color, fabric or device.

CHAPTER XXXIX.

THE RELATIONSHIP BETWEEN FOOD AND BEAUTY.

HOW AND WHAT TO EAT.

IN various portions of this volume, the importance of proper diet and perfect digestion, as necessary to health and therefore conducive to beauty, has been placed before the reader, with the general instruction to eat such food as in individual cases agrees with the stomach. This instruction was given because all stomachs will not assimilate like food. That is, occasionally there will be found one possessed of a sort of idiosyncrasy—a habit peculiar to itself—of refusing to digest or peaceably accept food perfectly agreeable to most other stomachs. Owing to this peculiarity of a minority, the proper food for every one to eat cannot be accurately designated; but those kinds which are suitable for the majority, with such as are considered medicinal, will be named in this chapter for the benefit of individuals who desire to “eat to live.” Those who “live to eat” will undoubtedly find many of their favorite dishes mentioned, while more are omitted from the list, since it is our object to cater to good health, not bad.

Two kinds of food, the inorganic and the organic, are required for the support and development of the human race. The first embraces substances of a mineral character, such as salt, sulphur, phosphorus, iron and lime—

sometimes in combination, sometimes separately ; and though these are not considered as aliments, yet they are necessary to life. Without them the body would perish by decay and disintegration. Muriatic acid is an important ingredient in the gastric juice, and soda promotes the secretion of bile. Common salt is composed of muriatic acid and soda and is found in the flesh of animals, and in milk and eggs, but is not abundant in plants. Sulphur is found in the tissues, but particularly in the muscles, and we also get it in flesh, eggs and milk, and as sulphate of lime in spring and river waters. Lime exists in nearly all animal and vegetable substances, and it is present as a carbonate in all hard water ; in wheat flour it is combined with phosphoric acid, and thus we get in that food phosphate of lime. Phosphorus is derived from eggs and milk, and there is a surplus of it for all our dietatical needs in flesh, bread, unhusked grain and bran. Iron exists in the yolks of eggs, in milk, in animal flesh, and in potatoes, pears, cabbages, mustard and many other articles of food.

Organic food embraces almost the entire list of sustenance. The organic elements of food serve two great purposes. A part of the articles of consumption form blood and tissue ; others produce fat, and this, by being burned with the oxygen present, warms the body. To be a producer of blood and tissue, a food must include nitrogen with the oxygen, hydrogen and carbon contained in every kind of food. Oily foods, sugar, starch, farina, sago, tapioca, gums, etc., are the fuel-foods or those which support our bodies by generating heat ; but living upon them alone, a man would starve, as they contain no nitrogen or flesh and blood producing qualities.

It does not follow, though, that articles containing the most nitrogen are those best adapted for human diet. For the latter, the fitness of any article of food depends much upon the ease or difficulty with which it is digested and assimilated. If a highly nutritious food owing to an idiosyncrasy of the stomach, is digested with great difficulty, then a less nutritious food which is more easily digested will render better results for the general system. Foods poor in nitrogen or nutritive qualities are generally rich in carbon and hydrogen, and thus serve the double purpose of nourishing and warming the body simultaneously. Among the nitrogeneous foods are rice, rye, corn, barley, oats, wheat, turnips, carrots, peas, beans, milk, eggs, oysters, cheese, eels, pork-ham, salmon, herring, haddock, pigeons, lamb, mutton, veal and beef.

Any of the foods named which contain starch or sugar or oil are also heat-generators ; and it will thus be seen that many foods combine both the qualities which, alone, would not be sufficient to sustain life. All cereals, rice, peas, beans and potatoes contain large percentages of starch. Oats contain more oil, starch and salts than wheat, and as food are therefore more albuminous or nutritious. Indian corn contains more fat than oats and abounds in starch ; and both grains are largely consumed by the Scotch—than whom it is difficult to find a hardier, more vigorous race. Beans and peas contain more albumen than oats, corn and barley ; and are less rich in fat and starch, but are among the most nutritious of all vegetable foods. But for brain-workers peas and beans are an improper diet, as they contain no phosphorus, and that the active brain demands and must

have. Cabbage is the richest of all vegetables in albumen, and is more easily digested raw than cooked. The potato has little nutritive matter, and it fell to the lot of the Irish, to discover, by instinct alone, that cabbage united with potatoes furnishes a highly nutritious dish. Turnips, beets, parsnips and carrots are palatable foods, but poor in nutritive qualities.

In all vegetable food there is more or less waste matter in the shape of water and woody fibre. In animal food there is little waste, and therefore less time is required for digestion. As a rule, those who can afford it eat too much meat. Those who do not labor with their hands and wish to preserve a perfect digestion should not eat meat more than once a day; neither should the feeble who are not compelled to work. Children are frequently overfed in this respect and from the continued inflamed state of the blood thus produced are less able to survive attacks of scarlet fever and kindred diseases.

Among foods considered medicinal may be enumerated spinach and dandelion, both of which have a direct effect upon kidney troubles; asparagus, which is a blood purifier, and celery, which is recommended as a nerve tonic and a remedy for neuralgia and rheumatism. Tomatoes contain vegetable calomel and stimulate the secretions of the liver; and while lettuce and cucumbers cool the system, beans nourish and strengthen it. All of the onion tribe promote digestion by stimulating the circulation and thus increasing the saliva and gastric juice. White onions, raw, are said to overcome insomnia, while red ones are an excellent diuretic. Onion soup is considered an excellent restorative in debility of the digestive organs. Eggs are said to be one of the best

of remedies for dysentery; beaten slightly, with or without sugar, and taken, one at a time, three or four times daily, they serve both as medicine and food in disorders of this kind.

As a rule, food is eaten much too rapidly and is forced into the stomach only partly masticated and too often accompanied with frequent draughts of cold water, which fluid weakens the gastric juice.

Preoccupation of mind at the table retards assimilation and digestion, and one gloomy, scowling face is said to be sufficient to similarly interfere with the food consumed by others unfortunate enough to come under the shadow of its frowns.

Regarding the time required for the digestion of ordinary foods, the following table is as accurate as it can be made from general experiments, and is suited to the average stomach.

TIME TABLE OF THE DIGESTION.

LIST OF FOODS.	METHOD OF COOKING.	Time of Di- gestion.
		H. M.
Apples, sour, hard,	Raw,	2 50
Apples, sour, mellow,	Raw,	2 00
Apples, sweet, mellow,	Raw,	1 50
Asparagus,	Boiled,	2 30
Beans, (pod)	Boiled,	2 30
Beans with green corn,	Boiled,	3 45
Beef, fresh, lean, dry,	Roasted,	3 30
Beef, fresh, rare,	Roasted,	3 00
Beefsteak,	Broiled,	3 00
Beefsteak,	Fried,	4 00
Beef, salted,	Boiled,	4 15
Bass, fresh,	Broiled,	3 00
Beets, young,	Boiled,	3 45

LIST OF FOODS.	METHOD OF COOKING.	Time of Di- gestion.
		H. M.
Beets, old,	Boiled,	4 00
Bread, corn,	Baked,	3 15
Bread, wheat,	Baked,	3 30
Butter,	Melted,	3 30
Cake, corn,	Baked,	3 00
Cake, sponge,	Baked,	2 30
Cabbage,	Raw,	2 30
Cabbage and vinegar,	Raw,	2 00
Cauliflower,	Boiled,	2 30
Carrot, orange,	Boiled,	3 15
Cheese, old,	Raw,	3 30
Chicken,	Fricasseed,	3 45
Codfish, salt,	Boiled,	2 00
Custard,	Baked,	2 45
Duck, tame,	Roasted,	4 00
Duck, wild,	Roasted,	4 50
Dumpling, apple,	Boiled,	3 00
Eggs, hard,	Boiled,	3 30
Eggs, soft,	Boiled,	3 00
Eggs,	Fried,	3 30
Eggs,	Raw,	2 00
Fowls, domestic, [Roasted,	Broiled or Boiled,	4 00
Gelatine,	Boiled,	2 30
Goose, wild,	Roasted,	2 30
Heart,	Fried,	4 00
Lamb,	Boiled,	2 30
Liver, beef's, fresh,	Broiled,	2 00
Meat, hashed with vegetables,	Warmed,	2 30
Milk,	Raw,	2 15
Milk,	Boiled,	2 00
Mutton,	Roasted,	3 15
Mutton,	Broiled,	3 00
Mutton,	Boiled,	3 00
Onions,	Boiled,	3 00
Oysters,	Raw,	2 55
Oysters,	Roasted,	3 15

LIST OF FOODS.	METHOD OF COOKING.	Time of Di- gestion.
		H. M.
Oysters,	Stewed,	3 30
Parsnips,	Boiled,	2 30
Pigs' feet,	Soused,	1 00
Pig, sucking,	Roasted,	2 30
Pork, fresh,	Roasted,	5 15
Pork, fresh,	Boiled,	4 30
Pork, fresh,	Raw or Fried,	4 15
Pork, fresh,	Broiled,	3 15
Pork, fresh salted,	Raw,	3 00
Pork, fresh salted,	Broiled,	3 15
Potatoes,	Boiled or baked,	3 30
Potatoes,	Roasted,	2 30
Rice,	Boiled,	1 00
Salmon, fresh,	Boiled,	1 45
Sausage,	Fried,	4 00
Sausage,	Broiled,	3 30
Sago,	Boiled,	1 45
Salmon, salted,	Boiled,	4 00
Suet, mutton,	Boiled,	4 30
Suet, beef,	Boiled,	5 30
Soup, vegetable,	Boiled,	4 00
Soup, chicken,	Boiled,	3 00
Soup, oyster or mutton,	Boiled,	3 30
Spinach,	Boiled,	2 30
Tapioca,	Boiled,	2 00
Tomatoes, fresh,	Raw,	2 30
Tomatoes,	Canned,	2 30
Trout, salmon, fresh,	Boiled or Fried,	1 30
Turkey, domestic,	Boiled or Roasted.,	2 30
Turkey, wild,	Roas. ¹	2 18
Turkey, wild,	2 25;	2 25
Turnips,	Boiled,	3 30
Tripe,	Soused,	1 00
Tendon,	Boiled,	5 30
Venison steak,	Broiled,	1 35
Veal,	Broiled,	4 00
Veal,	Fried,	4 30





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